

Lemon Garlic Chicken

Ingredients:

- 2 tsp minced garlic
- 1/4 cup olive oil
- 1 Tbsp parsley flakes
- 2 Tbsp lemon juice or the juice of one whole lemon
- 3-4 oz capers, with liquid
- 6 chicken breasts or 8 to 10 chicken tenders

1. Add all ingredients to a gallon sized freezer bag..

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT: From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 10 minutes at high pressure then allow 10 minutes for natural release. From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT: Place the frozen chicken in your slow cooker and cook on low for 6 to 8 hours (or high for 4-6 hours.)

COOK IN OVEN: Thaw chicken. Pour chicken and marinade into a baking dish, turn chicken to coat. Bake at 350 F for 35 minutes.

COOK ON STOVE TOP: Thaw and grill in a cast iron skillet on the stove, or outside on the barbecue grill, until no longer pink inside.

SERVE WITH: So delicious served over noodles finished with a bit of parsley.