

Ranch Chicken



Plan Z Phase: This is a Z2 (ZReduction) recipe. This chicken is super moist and yummy. The ranch dressing gives it a gourmet feel without any work at all!

Servings: Serves 6

Ingredients:

- six 6-8 oz chicken breast pieces (you can also use thinly sliced chicken breast or chicken tenders)
- olive oil spray
- 1/2 cup of ranch dressing (use a good one, full-fat, organic if possible)
- 3 Tbl of Worcestershire
- 1 Tbl of Italian seasoning
- 1 tsp of vinegar (A white one. I used champagne vinegar)

Instructions:

Pound your chicken breast pieces so they are 1/3" (or so) thick. (I do this by putting them in a baggie and then pounding them with my meat mallet. I do this so they will cook faster). Spray with olive oil spray.

In a small bowl, mix the rest of the ingredients.

Put your chicken in a large container. Pour the dressing mixture over. Now spread it across both sides of the chicken so the pieces are all coated. Let marinate in your refrigerator for at least 30 minutes but not all day or all night.

Preheat your grill pan*. Place the chicken pieces in the pan and put your heat on medium. Grill the chicken a few minutes until you have grill marks. Turn over. Grill the other side. It only takes about 5 minutes per side and your chicken will be done. Check one piece by cutting into it to make sure the chicken has no pink.

Serve with veggie side and a salad.

For Z2, this is one Tbl of your dressing allotment.

**You can also cook these on an outside grill. Just keep the heat low enough so you don't scorch them. Or they can be baked in the oven. The baked in the oven version is the easiest and still yummy. They should be done at 375 in about 20 minutes.*

Enjoy!

Cheers,