



GFG CHICKEN

MAKES 2 SERVINGS

INGREDIENTS

2 - 4OZ ORGANIC PASTURE-RAISED CHICKEN BREASTS

1 TBSP ITALIAN SEASONING

SALT AND PEPPER

METHOD

COVER ALL SIDES OF CHICKEN WITH SEASONING, SALT, AND PEPPER. PLACE ON PREHEATED GEORGE FOREMAN GRILL; CLOSE LID. COOK 4 MINUTES, OPEN LID TO FLIP CHICKEN, COOK ANOTHER 4-5 MINUTES OR UNTIL FULLY COOKED (TIMING WILL VARY BASED ON THICKNESS).