

Baking & Grilling: Chicken

Boneless Skinless Chicken Breasts:

Baking: From Thawed. Bake chicken breasts in preheated 350F oven for approx. 25-30 minutes, until the juices run clear and or until the mid temperature reaches 165F.

Grilling: From thawed. Preheat grill to medium heat (400F). On oiled grates, place chicken breasts on hottest part of the grill for approx 7 minutes a side. Or until juices run clear.

Chicken Satays:

Baking: From Thawed. In a preheated 350F oven, bake satays for approx 14-16 minutes, turning once. Satays are done when juices run clear.

Grilling: From Thawed. Preheat grill to medium heat (400f). On oiled grates, place on hottest part of grill for approx 5 minutes a side. Or until juices run clear. Check by separating two pieces of meat at the middle of the skewer with two forks. If the juices run clear and the meat doesn't stick to the skewer, they are ready.