



Grilled Keego Harbor Kickin' Chicken

Makes 3-4 Servings

INGREDIENTS

3 chicken breasts

3 Tbsp Milford Spice Keego Harbor Kickin' Chicken Rub

2 Tbsp extra virgin olive oil

DIRECTIONS

Preheat grill to medium high heat.

In a medium bowl, rub the Milford Spice mixture over both sides of the chicken. Cover and let sit in refrigerator for 2 hours, then add the olive oil and shake to mix. Marinate for 30-45 minutes.

Place chicken on grill and grill each side for 6-7 minutes depending on thickness. You just want to make sure there is no pink in the middle.