**Island Chicken**

**Ingredients**

6 boneless skinless chicken breasts

3 Tbsp. lemon juice

Zest of 1 lemon

2 cloves garlic, minced

2 tsp dried oregano

2 ½ tsp soy sauce

½ cup vegetable oil

½ cup chicken stock

Salt & pepper to taste

**Instructions**

Put the chicken breasts into a gallon size freezer bag. Mix all remaining ingredients and pour over chicken breasts. Lay flat and freeze.

Thaw bag in the refrigerator overnight. Pour chicken and marinade into the crock pot and cook on High 4-5 hours or Low 6-8 hours.