



Honey Garlic Grilled Chicken

The First Bite That Hooked Me

The smell hit me first—honey caramelizing on the grill, garlic sizzling in the oil. My neighbor handed me a plate of golden-glazed chicken, juice dripping onto the napkin. One bite, and I was sold. The sweet-salty crunch, the tender meat—it tasted like summer. **Ever wondered how you could turn Honey Garlic Grilled Chicken into something unforgettable?** Now I make it for every backyard gathering. The secret? Letting the marinade work its magic. Try it once, and you'll understand. What's your go-to summer dish? Share below!

My Messy First Try

My first attempt was... messy. I forgot to seal the marinade bag, and honey dripped everywhere. The chicken stuck to the grill, tearing into

uneven chunks. But the flavor? Still amazing. **Home cooking isn't about perfection—it's about the joy of creating.** Even my lumpy chicken got devoured. Now I double-check the bag seal. What's your funniest kitchen fail? Tell me in the comments!

Why This Combo Works

– Honey's sweetness balances soy sauce's saltiness, creating a rich glaze. – Garlic adds a punch, cutting through the richness without overpowering. **Which flavor combo surprises you most?** Is it the honey-garlic duo or something else? Poll your family tonight! The textures matter too. Crispy edges, juicy inside—it's all in the marinade time. Don't rush it.

A Dish With Roots

This recipe blends Asian and Western flavors, popularized in 20th-century home kitchens. It's a twist on classic grilled chicken, with soy sauce adding depth. *Did you know honey was used in marinades as far back as ancient Egypt?* Today, it's a global favorite. Simple, adaptable, and always satisfying. What's your family's twist on grilled chicken? Let's swap stories!

See also [Quick One-Pot Red Beans and Rice](#)



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Ingredients:

Ingredient	Amount	Notes
Chicken breasts	1 1/2 pound	Boneless and skinless
Olive oil	1/4 cup	
Soy sauce	3 Tablespoons	Less sodium or coconut aminos
Honey	3 Tablespoons	
Minced garlic	2-3 teaspoons	
Salt	1/2 teaspoon	
Pepper	1/4 teaspoon	

How to Make Honey Garlic Grilled Chicken

Step 1 Grab a large zip-top bag for the marinade. Mix olive oil, soy sauce, honey, garlic, salt, and pepper. Squish the bag to blend everything well. Save 1/4 cup for basting later if you like. **Step 2** Add the chicken to the bag. Seal it tight, pressing out extra air. Let it sit in the fridge for 1-8 hours. Longer marinating means more flavor. **Step 3** Heat the grill to medium-high. Cook chicken for 5 minutes per side. Check the temp—it should hit 165°F. Thicker cuts may need extra time. (Hard-learned tip: Let chicken rest 5 minutes after grilling. Juices stay inside, making it tender.) **What's your go-to marinade ingredient?** **Share below!** **Cook Time:** 10-15 minutes **Total Time:** 1 hour 15 minutes (plus marinating) **Yield:** 4 servings **Category:** Dinner, Grilling

Try These Tasty Twists

Spicy Kick Add 1/2 teaspoon chili flakes or a dash of hot sauce. Perfect for heat lovers. **Citrus Zing** Swap honey for orange juice and add

lemon zest. Bright and tangy. **Smoky BBQ** Use smoked paprika and a splash of apple cider vinegar. Deep, rich flavor. **Which twist would you try first? Vote in the comments!**

Serving Ideas & Sips

Pair with grilled veggies or fluffy rice. Top with chopped green onions for freshness. Drink match: Iced green tea (non-alcoholic) or a crisp lager (alcoholic). Both balance the sweetness.

See also Easy Creamy 4-Ingredient Baked Mac and Cheese
Which would you choose tonight? Tell me below!



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Storing and Reheating Tips

Keep leftover chicken in the fridge for up to 3 days. Use airtight containers to lock in flavor. For longer storage, freeze portions in freezer bags for 2 months. Thaw overnight in the fridge before reheating. *Fun fact: Honey helps keep chicken moist even after freezing!* Reheat grilled chicken in a skillet over medium heat for best results. Add a splash of water to prevent drying out. Microwave works too—cover with a damp paper towel. Batch-cooking? Double the marinade and freeze half for future meals. Why this matters: Meal prep saves time and reduces food waste. Ever tried freezing marinade separately? Share your tricks below!

Troubleshooting Common Issues

Chicken sticking to the grill? Oil the grates well or use a grill mat. If marinade burns, baste later in cooking. Too salty? Swap soy sauce for coconut aminos. Why this matters: Small tweaks make big flavor differences. Dry chicken? Cook to 165°F exactly—overcooking sucks out moisture. Cut thick breasts horizontally for even cooking. No grill? A grill pan works fine. Poll: Do you prefer charcoal or gas grills?

Your Questions Answered

Q: Is this recipe gluten-free? A: Use tamari or coconut aminos instead of soy sauce. **Q: Can I make it ahead?** A: Yes! Marinate overnight for deeper flavor. **Q: What's a good honey swap?** A: Maple syrup or agave work in a pinch. **Q: How to scale for a crowd?** A: Double all ingredients—but keep marinade time the same. **Q: Best side dishes?** A: Try grilled veggies or coconut rice.

See also Huli Huli Grilled Chicken

Let's Connect!

Hope this honey garlic chicken becomes a weeknight favorite. Tag **@SavoryDiscovery** on Pinterest with your creations. Nothing makes me happier than seeing your kitchen wins. Happy cooking! —Elowen Thorn.

You need to try !



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Author: Elowen Thorn



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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **10 minutes**

Marinate time: **1 minute**



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Total time: **20 minutes**



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Servings: **4 servings**



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Calories: **300 kcal**

Best Season: **Summer**

Description

Enjoy the perfect balance of sweet and savory with this Honey Garlic

Grilled Chicken, featuring a delicious marinade and tender grilled chicken.

Ingredients

- ☐ 1 1/2 pound chicken breasts (boneless and skinless)
- ☐ 1/4 cup olive oil
- ☐ 3 Tablespoons less sodium soy sauce (or coconut aminos)
- ☐ 3 Tablespoons honey
- ☐ 2-3 teaspoons minced garlic
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon pepper

Instructions

1. Make marinade: In a large zip top bag, mix together 1/4 cup olive oil, 3 Tablespoons soy sauce, 3 Tablespoons honey, 2 teaspoons minced garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper. Reserve 1/4 cup for basting if desired.
2. Marinate chicken: Add chicken to zip top bag and let marinate for at least 1 hour, up to 8 hours.
3. Grill chicken: Preheat grill to medium-high heat. Place chicken on grill and cook for 5 minutes. Flip and cook on the other side for another 5 minutes or until chicken reaches 165°F. You may need to cook a little longer, depending on the thickness of the chicken.

Notes

For extra flavor, baste the chicken with reserved marinade while grilling.



Keywords:Chicken, Honey, Garlic, Grilled, Dinner