



CILANTRO-LIME CHICKEN BREAST

Servings: 6

Ingredients

- 2 ounces fresh lime juice
- 2 tablespoons olive oil
- 1 tablespoon garlic, minced
- 1 tablespoon lime zest
- 2 teaspoons kosher salt
- 1 teaspoon red pepper flakes
- 1/2 teaspoon ground cumin
- Six 6-ounce chicken breasts, boneless, skinless
- 2 tablespoons fresh cilantro, chopped

Directions

Whisk the lime juice, olive oil, garlic, lime zest, salt, red pepper flakes and cumin together in a small bowl. Pour the marinade over the chicken, cover and let marinate for 3 hours.

Remove the chicken from the refrigerator, brush off the excess marinade and set aside.

Preheat the grill.

Place the chicken breasts on the grill and cook 6 minutes on each side. Insert a thermometer into each chicken breast to ensure the chicken is cooked to 165 F.

Remove the chicken from the grill and garnish with the chopped cilantro. Serve immediately.

Side dishes

Steamed Brown Rice
Sautéed Spinach



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