



CHIPOTLE-LIME GRILLED CHICKEN

By Dr. Cindy Tanzar
(Standard)

While chicken is easy and a common staple for most meals, eating it the same old way can get rather boring. Marinating chicken not only helps create a more tender, juicy chicken, but also adds a lot of flavor to your meal. This recipe offers a smoky, spicy, Southwest flair that is great either grilled, baked or roasted. You can also slice it and add it to your salad for an extra flavor twist. There really is no need to consider the marinade in your checklist. Just cook the chicken.
Makes 4-6 servings covering 3 oz of your protein.



INGREDIENTS

- 1-1/2 lbs. chicken, breast or thighs
- 1 Tbsp freshly-grated lime zest (1-2 limes, depending on size)
- 1/4 cup freshly-squeezed lime juice (about 2 limes)
- 2 Tbsp avocado oil
- 1 Tbsp Chipotle powder (in spice aisle)
- 2 cloves garlic, minced
- 3/4 tsp. Pink Himalayan salt
- 1/2 tsp black pepper
- 1 Tbsp chopped cilantro (optional, but good)



INSTRUCTIONS

Place chicken into a large bowl or Ziploc bag. Whisk together all other ingredients and pour over chicken. Refrigerate and marinate at least 3 hours. Grill, bake or roast chicken to an internal temperature of 160°F for white meat or 165°F for dark meat.