

**Your Name**

Linda Bryce

**Recipe Name**

Fool-Proof Lime Grilled Chicken

**Category (select one)**

Poultry

**List of Ingredients and Quantity**

-Chicken Breasts (however many you want)

-Olive Oil

-Salt and pepper

-Lime juice (I used Santa Cruz organic in the glass bottle). The lime juice helps tenderize the chicken and keep it moist

-Garlic powder (not to be confused with garlic salt)



**Instructions**

--Begin by pounding out the chicken breasts with a meat tenderizer (or you could use a brick wrapped in foil)

- I like to cover the chicken with plastic wrap in order to avoid splattering, and then I pound away.

--Once the chicken is flattened evenly (not too thin or it will be difficult to flip on the grill), pierce it with a fork several times.

--Sprinkle both sides lightly and evenly with salt, pepper, and garlic powder.

--In a small bowl, combine equal parts olive oil and lime juice. Use a brush to brush the mixture onto both sides of the chicken, placing the chicken in a glass pan or shallow bowl and covering it with plastic wrap for 20-30 minutes.

--Heat up the grill to medium-low (approx. 350-400).

--Place the chicken on the grill and cook for 5 minutes. Flip the chicken and cook for another 5-6 minutes until the juices run clear.

--Serve with a delicious salad topped with cilantro and tortilla strips, or whip up a grilled chicken sandwich with avocado, red onion, and a side of sweet potato fries.