



Chili Lime Grilled Chicken

Ingredients:

4 boneless, skinless chicken breasts
2 tbsp olive oil
Juice and zest of 2 limes
2 tbsp honey
1 tbsp chili powder
1 tsp smoked paprika
1 tsp garlic powder
1/2 tsp cumin
1/2 tsp crushed red pepper flakes
Salt and pepper to taste
Fresh cilantro, for garnish

Directions:

In a small bowl, whisk together olive oil, lime juice, lime zest, honey, chili powder, smoked paprika, garlic powder, cumin, red pepper flakes, salt, and pepper to make the marinade.

Place the chicken breasts in a shallow dish or zip-lock bag. Pour the marinade over the chicken, ensuring it's fully coated. Cover and refrigerate for at least 30 minutes or up to 4 hours for maximum flavor.

Preheat a grill or grill pan over medium-high heat. Lightly oil the grates to prevent sticking.

Remove the chicken from the marinade and discard any excess marinade. Grill the chicken for 6-8 minutes per side, or until the internal temperature reaches 165°F (74°C).

Let the chicken rest for 5 minutes before serving. Garnish with fresh cilantro and serve with lime wedges, rice, or a fresh salad.

Prep Time: 10 minutes | Marination Time: 30 minutes | Cooking Time: 15 minutes | Total Time: 55 minutes

Kcal: 240 kcal | Servings: 4 servings