

Lime-Jalapeño Chicken

Tangy, mildly spicy and tender, this chicken is delicious with black beans and salsa.



Ingredients

- ¼ cup lime juice (about 2 limes)
- 2 tablespoons canola oil
- 1 tablespoon white vinegar
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 jalapeño, sliced
- 1–1 ¼ pounds boneless, skinless chicken breasts, trimmed of fat, tenders removed

Instructions

1. Whisk lime juice, oil, vinegar, cumin and salt in a small bowl. Stir in jalapeño. Place chicken in a shallow baking dish and pour the marinade over it, turning to coat both sides. Cover and refrigerate for at least 1 hour, turning once, or overnight.
2. Preheat grill to high heat. Oil the grill rack. Grill the chicken until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Let cool slightly; thinly slice crosswise. Serve warm or chilled.

Yield:

8 servings,
about 1 ½
ounces each

Active Time:

20 minutes

Total Time:

1 hour
20 minutes
(including 1 hour
marinating time)

Nutrition Per Serving

69 Calories, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 31 mg,
Carbohydrates: 0 g, Fiber: 0 g, Total Sugars: 0 g, Added Sugars: 0 g,
Protein: 11 g, Sodium: 45 mg, Potassium: 97 mg, Iron: 0 mg, Folate: 1 mcg,
Calcium: 6 mg, Vitamin A: 13 IU, Vitamin C: 1 mg

Carbohydrate Servings: 0

Make Ahead Tips:



Marinate chicken in the refrigerator for up to 1 day and/or refrigerate cooked chicken for up to 1 day. Slice just before serving.