

Betty Crocker

Grilled Chile-Lime Chicken



Fresh-tasting and flavorful, this chicken is a party in your mouth!

Prep Time: 20 min

Total Time: 50 min

Makes: 4 servings

- 2 teaspoons grated lime peel
- 1/4 cup lime juice
- 1/4 cup olive or vegetable oil
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 small jalapeño chile, seeded, finely chopped
- 1 clove garlic, finely chopped
- 4 boneless skinless chicken breasts (1 1/4 lb)

1. To make marinade, in shallow glass or plastic dish, or resealable food-storage plastic bag, mix all ingredients except chicken.
2. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. Add chicken to marinade; turn to coat. Cover dish or seal bag; refrigerate at least 30 minutes but no longer than 24 hours.
3. Heat coals or gas grill for direct heat. Remove chicken from marinade; discard marinade. Cover and grill chicken over medium heat 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).

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Substitution

If you don't care for the taste of cilantro in the marinade, try using chopped fresh parsley instead.

Success

To use the leftover marinade as a sauce, boil it for 1 minute to destroy any bacteria that may have been transferred to it from the chicken.

Time Saver

No time to make the marinade? Purchase a tequila lime marinade to use instead.

Nutrition Information:

1 Serving: Calories 175 (Calories from Fat 65); Total Fat 7 g (Saturated Fat 2 g); Cholesterol 75 mg; Sodium 140 mg; Total Carbohydrate 0g (Dietary Fiber 0g); Protein 27 g Percent Daily Value*: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4 % Exchanges: 4 Lean Meat; 1 Fat

*Percent Daily Values are based on a 2,000 calorie diet.