

Cilantro Chicken

Source: Sunset Magazine and was submitted by Cheryl Brown

Carolyn T's
Cookbook

Servings: 4



Description:

1. Pound the chicken breasts to an even thickness (about 1/2 in.) and place in a shallow baking pan.
2. In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt, and pepper. Pour over chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight.
3. Lay chicken on a grill over medium heat (you can hold your hand over the surface only 4 to 5 seconds) and cook, turning once, until no longer pink in the center, 4 to 6 minutes per side.

2 pounds boned and skinned chicken breast halves, 4 pieces

1/4 cup lime juice, or lemon juice

1/2 cup chopped fresh cilantro

6 whole garlic cloves, chopped

1 tablespoon honey

1 tablespoon olive oil

1/2 teaspoon salt

1/4 teaspoon pepper

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 307 Calories; 6g Fat (18.9% calories from fat); 53g Protein; 7g Carbohydrate; trace Dietary Fiber; 132mg Cholesterol; 416mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.