

# **Lime & Spice Grilled Chicken Breasts**

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**Servings: 12**

**Preparation Time: 15 minutes**

**Start to Finish Time: 30 minutes**

**3/4 cup canola oil**

**1/2 cup lime juice**

**1/4 cup orange juice**

**2 tablespoons garlic, minced**

**2 tablespoons jalapeno pepper, minced**

**3/4 teaspoon salt**

**1/4 cup sugar**

**12 (3 1/2 lb total) skinless/ boneless chicken breasts**

**1/2 cup cilantro, chopped**

**cilantro (for garnish), chopped**

**lime wedges (for garnish)**

**orange wedges (for garnish)**

Combine the oil, lime juice, orange juice, garlic, jalapeno and salt in a medium bowl.

Transfer one cup of the lime juice mixture and the sugar to a 2-gallon zip-top freezer bag. Seal the bag and turn a few times to mix.

Add the chicken breasts. Turn to coat the chicken,

Refrigerate overnight, occasionally turning the bag.

Reserve the remaining lime juice mixture (about 2/3 cup).

Brush the grill with oil or coat with nonstick cooking spray. Heat the outdoor grill or indoor grill pan over medium-high heat.

Put the reserved lime juice mixture and cilantro in a blender. Blend until smooth.

Remove the chicken breasts from the bag. Discard the liquid in bag.

Grill the chicken 5 to 6 minutes, turning once, until nicely browned and cooked through.

Place the chicken on a platter. Garnish with chopped cilantro and fruit, if desired.

Serve hot or at room temperature with cilantro sauce.

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Per Serving (excluding unknown items): 147 Calories; 14g Fat (81.1% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.