



cara price

SIMPLE GRILLED CHICKEN

INGREDIENTS

- 6 chicken breasts
- 1/4 cup olive oil
- 1 tablespoon lime juice
- 1 tablespoon herbs de provence
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- optional garnish: extra limes for squeezing juice onto chicken when done

DIRECTIONS

preheat an outdoor grill to 600° & preheat indoor oven to 250°.

combine the dry spices, olive oil & lime juice in a small bowl. place chicken & marinade in a large baggie or sealed container, making sure all the pieces of chicken have been coated with the marinade.

allow to marinate for 15 minutes, then grill chicken about 3-4 minutes per side. remove chicken to a glass dish & cover with foil. place chicken in oven for 20 minutes. allow to rest 5 minutes after removing from the oven.

serve immediately or slice & enjoy as a quick protein to add to meals throughout the week!