

Grilled Basil-Lime Chicken

Serve with fresh veggies or a bright salad!

Ingredients

- 3 Limes (juice and zest) Divided
- 1/4 Cup Olive Oil
- 3 Tbls Dijon Mustard
- 3 Tbls Worcestershire Sauce
- 3 Tbls Soy Sauce
- 6 Green Onions, sliced
- 4 Cloves Garlic, minced
- 2 Tbls Fresh Basil, chopped
- Salt and Pepper to taste
- 4 Chicken Breasts, sliced into cutlets



Instructions

1. Combine the zest and juice of 2 limes, Olive Oil, Mustard, Worcestershire, Soy, 3 onions, 2 garlic cloves salt and pepper and mix well.
2. Cut chicken into even cutlets and place in a gallon sized baggie.
3. Pour marinade over the chicken and marinate for 1 hour.
4. Preheat grill.
5. Place chicken on grill and grill for 7 minutes.
6. Then flip and cook until internal temp reaches 170.
7. Remove from grill and let meat rest.
8. Meanwhile combine juice and zest of one lime with extra virgin olive oil, 3 chopped onions, 2 minced garlic cloves, basil.
9. Plate chicken cutlets and pour sauce over top.

Serves 8

Nutritional Info:

Calories	207
Fat	12g
Carbohydrates	4.5g
Fiber	1g
Protein	21g