

# Grilled Pepper & Lime Chicken



Just throw all the ingredients in a zip~lock bag, refrigerate and marinate 30 minutes.

Serves 4

4 ~ 6oz boneless, skinless chicken breasts	1 pinch red pepper flakes
2 limes, zested and juiced	1 heavy pinch cayenne pepper
2 garlic cloves, finely minced	1/4c honey
1/2t freshly ground black pepper	1/4c soy sauce

Place all ingredients, including chicken, in large zip~lock bag. Seal, shake well and refrigerate 30 minutes.

Preheat grill to medium heat and spray grates with non~stick cooking spray. Remove chicken from marinade and grill, approximately 25 minutes or until juices run clear when chicken is pierced with a fork.

While chicken is cooking, place marinade in small saucepan. Bring to boil, reduce heat and simmer until chicken is done. Serve as dipping sauce on the side.

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**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)