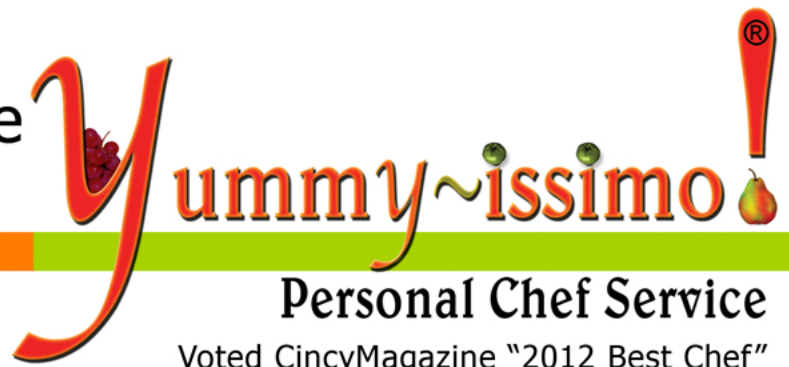


# Grilled Pepper & Lime Chicken



## Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

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.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

**Debbie Spangler ~ Certified Personal Chef**

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