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GARLIC LIME CHICKEN

Basic Lifestyle

Part 1

- 1/4 TSP black pepper
- 1/8 to 1/4 TSP cayenne pepper
- 1/8 TSP paprika
- 1/4 TSP garlic powder
- 1/4 TSP onion powder
- 1/4 TSP dried thyme
- 1/4 TSP dried parsley
- 4 boneless, skinless chicken breasts (4-5 oz.)

Part 2

- 1 TBS olive oil
- 2 TSP garlic powder
- 3 TBS lime juice

Instructions

1. In a small bowl, mix together all the seasonings in Part 1 and sprinkle generously on all sides of chicken breasts.
2. Heat the olive oil in a large heavy skillet over medium heat. Sauté chicken until golden brown, about 6 minutes on each side.
3. Sprinkle 2 TSP garlic powder and lime juice. Cook 5 minutes, stirring frequently to distribute the juice and garlic sauce.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast = 1 PR