

Cilantro Chicken Taco Meat

Ingredients

- 4 organic boneless skinless chicken breasts, 6 oz each
- zest and juice of 1 lime, plus 1 lime cut into wedges
- 1 tbsp olive oil
- 1/2 cup fresh cilantro, divided
- 2 cloves minced garlic
- 1 tsp kosher salt and black pepper, to taste
- 1/2 TBS of honey

Double this recipe for 15 people!

Directions

1. Pound the thicker end of the chicken breast with a mallet to make it even with the thinner end.
2. Combine the juice of 1 lime, lime zest, olive oil, 1/4 cup of the cilantro finely chopped, honey, garlic and salt to a large glass or ceramic container with a lid, or a gallon size freezer bag.
3. Coat the chicken well on both sides and marinate in the refrigerator at least 1 hour or as long as overnight, the longer the better, turning halfway.
4. When ready to cook, oil a grill or grill pan over medium to medium-high heat
5. Grill about 5 minutes on each side, or until charred and cooked through in the center.
6. Remove and set aside on a platter and squeeze the remaining lime over the chicken. Garnish with the remaining fresh cilantro.
7. Use for Chicken Tacos or Taco Salad & enjoy!

MADE WITH LOVE

by Teresa Forehand

Inspired by Skinny Taste: Cilantro Lime Chicken Breast