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DIET CENTER

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GARLIC LIME CHICKEN

Basic Lifestyle

Ingredients 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. Saute 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 P