



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

—In a small bowl, mix together all the seasonings in Part 1 and sprinkle generously on all sides of chicken breasts.

—Heat the olive oil in a large heavy skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.

—Sprinkle 2 TSP garlic powder and lime juice. Cook 5 minutes, stirring frequently to distribute the juice and garlic sauce.

SERVING INFO: (Serves 4)

1 chicken breast = 1 P

See photo of this recipe at [Instagram](#) and [Facebook](#).