



## Spicy Garlic Lime Chicken

Basic Lifestyle

### INGREDIENTS

¾ TSP salt  
¼ TSP black pepper  
¼ TSP cayenne pepper  
⅛ TSP paprika  
¼ TSP garlic powder  
⅛ TSP onion powder  
¼ TSP dried thyme  
¼ TSP dried parsley  
4 boneless, skinless chicken breast halves  
2 TBS butter  
1 TBS olive oil  
2 TSP garlic powder  
3 TBS lime juice

### INSTRUCTIONS

—In a small bowl, mix together salt, black pepper, cayenne, paprika, 1/4 teaspoon garlic powder, onion powder, thyme and parsley. Sprinkle spice mixture generously on both sides of chicken breasts.

—Heat butter and olive oil in a large heavy skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side. Sprinkle with 2 TSP garlic powder and lime juice. Cook 5 minutes more, stirring frequently to coat evenly with sauce.

**SERVING INFO:** (Serves 4)

1 chicken breast = 1 P

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