



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 this recipe at [Instagram](#) and [Facebook](#)