



## SUMMER RECIPE

# CILANTRO LIME CHICKEN

by Monika McGhee

PREPARATION: 5 MIN | COOKING: 20 MIN | READY IN: 25 MIN | SERVINGS: 4

## Ingredients

- 4 boneless, skinless chicken breast halves
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 teaspoon Tony Chachere's Original Creole Seasoning
- 1/4 dried thyme
- 1/4 teaspoon parsley
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 3 tablespoons lime juice
- Fresh cilantro, chopped
- Lime wedges or slices

## Directions

1. In a small bowl, mix together salt, creole seasoning, black pepper, cayenne, paprika, 1/4 teaspoon garlic powder, onion powder, thyme and parsley. Sprinkle spice mixture generously on both sides of chicken breasts.
2. Heat butter and olive oil in a large skillet or grill pan over medium heat. Sauté chicken until golden brown, about 6 minutes on each side. Sprinkle with 2 teaspoons garlic powder and lime juice.
3. Cook 5 minutes more, stirring frequently to coat evenly with sauce.
4. All done – garnish with fresh cilantro and limes wedges or slices.

*Note: You may reduce the creole seasoning or cayenne pepper if you prefer a milder temperature.*