

Recipe

Garlic Ginger Chicken

INGREDIENTS

- 4 skinless, boneless chicken breast halves (free range or organic if possible)
- 3 cloves crushed garlic
- 3 tablespoons ground ginger
- 1 tablespoon olive oil
- 4 limes, juiced

DIRECTIONS

- 1 Pound the chicken to 1/2 inch thickness. In a large resealable plastic bag combine the garlic, ginger, oil and lime juice.
- 2 Seal bag and shake until blended. Open bag and add chicken.
- 3 Seal bag and marinate in refrigerator for no more than 20 minutes.
- 4 Remove chicken from bag and grill or broil, basting with marinade, until cooked through and juices run clear. Dispose of any remaining marinade.

Recipe courtesy of LovingTheBike.com