

Spicy Garlic Lime Chicken

Makes 4 servings.

Ingredient	US	Non-US
salt	¾ teaspoon	
black pepper	¼ teaspoon	
cayenne pepper	¼ teaspoon	
paprika	1/8 teaspoon	
garlic powder	¼ teaspoon	
onion powder	1/8 teaspoon	
dried thyme	¼ teaspoon	
dried parsley	¼ teaspoon	
boneless, skinless chicken breast halves	4	4
butter	2 tablespoons	
olive oil	1 tablespoon	
garlic powder	2 teaspoons	
lime juice	3 tablespoons	

Cooking Instructions:

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, ¼ teaspoon garlic powder, onion powder, thyme and parsley. Sprinkle spice mixture generously on both sides of chicken breasts.
2. Heat the butter and olive oil in a large heavy skillet over medium heat. Sauté chicken until golden brown (about 6 minutes on each side). Sprinkle with 2 teaspoons garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.