



Chili & Lime Rubbed Chicken

A sweet-and-tangy flavor-packed rub turns plain chicken into a savory grilled masterpiece!

Servings: 4

- 2 teaspoons chili powder
- 2 teaspoons packed brown sugar
- 2 teaspoons grated lime peel
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground red pepper (cayenne)
- 4 boneless skinless chicken breasts (about 1 1/4 lb)
- 2 teaspoons olive or canola oil



Heat gas or charcoal grill. In small bowl, mix chili powder, brown sugar, lime peel, salt, garlic powder and ground red pepper. Rub both sides of chicken with oil, then with spice mixture.

Place chicken on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning once or twice, until juice of chicken is clear when center of thickest part is cut (170°F).

Tips: Refrigerating the “rubbed” chicken 20 to 30 minutes before grilling really enhances the flavor. You can bake the chicken. Place the rubbed chicken in a foil-lined shallow baking pan and bake in a 375°F oven for 25 to 30 minutes.



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