



Garlic Lime Chicken

Ingredients

- 4 boneless skinless chicken breasts
- 1/2 cup low sodium soy sauce
- 1 Tbsp Worcestershire sauce
- 1/2 tsp dry mustard
- 1/4 cup fresh lime juice
- 2 cloves garlic, minced
- 1/2 tsp black pepper



Directions

1. Mix together soy sauce, lime juice, Worcestershire sauce, garlic, and mustard. Place chicken in bowl and pour sauce over. Cover and marinate in refrigerator for 30 minutes.
2. Remove chicken from marinade and sprinkle with pepper.
3. Heat olive oil in a non-stick pan over medium heat. Add chicken and cook about 6 minutes each side, until an internal temperature of 165 degrees F is reached.
4. Alternately, grill chicken until internal temperature of 165 degrees F.



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