

## Chipotle Lime Chicken

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*Who needs all those chipotle sauces packed with sugar and artificial flavors? Not you and not I! This easy chipotle grilled chicken is packed with natural spices and still has a great chipotle kick that we all love! Make a Mexican bowl or salad and go about your day. You can marinate the chicken for 2-24 hours in the fridge, or you can portion out the chicken and marinate in to separate baggies and freeze for up to 3 months! When the time is right, grab the baggie out of the freezer, thaw, and cook as you wish! Enjoy!*

### **Ingredients:**

1 tbsp	Extra virgin olive oil
2 tbsp	Adobo sauce (buy a can of chipotle peppers and use the sauce they set in)
1 tsp	Paprika
1 tsp	Stevia
1 tbsp	Garlic, minced
2 tbsp	Lime juice
¼ tsp	Salt
8 oz	Boneless, skinless chicken breast, cut in half

### **Directions:**

1. Whisk together all the ingredients, except the chicken, to make the marinade.
2. Split the marinade in to two baggies.
3. Add 4 oz of chicken in to each baggie.
4. Close tightly and place in the fridge for 2-24 hours to marinate OR place in the freezer up to 3 months.
5. When ready to cook, heat the oven to 425 degrees F or fire up the grill.
6. Bake in and 8x8 dish for 15 minutes. After 15 minutes, flip the chicken and cook another 15-20 minutes. The center of the chicken should have no pink and reach an internal temperature of 165 degrees F.
7. If grilling, follow the same instructions. If the flame is large, consider flipping multiple times until the center is fully cooked.

### **Nutrition Facts:**

Servings: 2

Serving size: 4 oz chicken

Calories: 194

FAT: 8 g

CHO: 5 g

PRO: 26 g