

Marinated Grilled Chicken Breasts

Line up of ingredients is

4- 6oz skinless boneless chicken breasts

1 cup sesame oil

1/3 cup tamari sauce

2 limes zest and juiced

1 Tbsp dry mustard

1 tbsp chilli peppers

1 tbsp minced garlic

¼ cup organic cane sugar

Directions

Blend all marinade ingredients in a blender until the sugar is dissolved. Pour over chicken in a zip lock bag. Put in the fridge and let marinade for 2-4 hours. Don't go beyond the 4 hours or your chicken will become tough.

Preheat your grill to 375 F

Grill on 375 F 6 minutes per side.

Did You Know

A 4 oz piece of chicken breast has 18 grams of protein.