

GRILLED CHICKEN FOR TACOS

Makes 4 servings



INGREDIENTS

- 1 pound boneless, skinless chicken breasts
- 2 cloves garlic minced
- 1 tablespoon lime juice (optional)
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 1 teaspoon corn starch (optional)

INSTRUCTIONS

Add the chicken, garlic, olive oil, lime, spices, and cornstarch to a large bowl or zip-seal bag. Place in fridge and let marinate for at least 15 to 30 minutes or up to 24 hours.

Remove chicken from marinade and discard marinade. Place chicken on a grill or pan heated to medium-high heat. Let chicken cook until it is no longer pink on the inside, about 6 to 7 minutes per side (or until it has reached an internal temperature of 165° F).

Serve chicken in tacos, burritos, on salads or rice.