

Key West Grilled Chicken

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Serves 4

Blue – 3 points

Purple – 4 points

Green – 6 points

- 4 4 oz boneless, skinless chicken breasts
- 3 Tbsp soy sauce
- 2 Tbsp honey
- 1 Tbsp olive oil
- Juice of 1 lime
- 1 tsp minced garlic
- 1 tsp fresh cilantro, finely chopped
- 2 Tbsp red bell pepper, finely chopped

1. In a bowl, combine soy sauce, honey, oil, lime juice, garlic, bell pepper and cilantro.
2. Add chicken and turn to coat. Cover and let marinade in the refrigerator for a minimum of 30 minutes.
3. Grill chicken over medium high until cooked through