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Caribbean Chicken

Prep Cook Time: 15 minutes

SERVES 4-6

Ingredients:

- 1.5 lb. boneless skinless chicken breasts
- 1 tablespoons lime juice
- 2 teaspoons olive oil
- 3 teaspoons jerk seasoning

Steps

1. Tenderize chicken until ½ inch thick.
2. Combine lime and olive oil; brush on chicken.
3. Rub chicken with jerk seasonings.
4. Grill until tender or sauté in skillet over medium heat until tender.