



## Easy Grilled Chicken Breasts

(You can dress these up or make them Quick and Easy!)

### Cilantro Lime Grilled Chicken

4 chicken breast about 5-6 oz. each

½ c. chopped cilantro leaves

3 T. olive oil

2 cloves of garlic crushed

½ t. cumin

Dash to ¼ t. smoked paprika

Juice of 2 limes

Fresh ground black pepper and dash of salt

Mix all the ingredients well (except the chicken breasts) and place in gallon zip lock bag. Place 4 chicken breasts and refrigerate for 15 minutes – 12 hours. Grill on medium-hot grill - about 5 - 7 minutes per side or until done. Cover with foil and let rest about 5 minutes

### Quick & Easy Grilled Chicken Breasts

4–8 chicken breasts about 5-6 oz. each

2–3 T. olive oil

1-3 T. your favorite seasoning

Juice of ½ to whole lemon or lime (optional)

Mix olive oil with your favorite seasoning – some of my favorites are:

Garlic rosemary & cracked black pepper – ½ t. garlic. 1-2 t.. chopped fresh rosemary and ½ fresh cracked black pepper

1 t. cumin and 1 t. smoked paprika

[Taco seasoning](#)

Old Bay

Italian

Any of your favorite seasonings with the olive oil and the juice of the lemon or lime are amazingly easy.

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