

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Lime and Coconut Chicken

From www.thesisterscafe.com

2 lbs boneless, skinless chicken breasts
3 Tbsp oil
Zest of 1 lime (or 2 tsp lime juice)
1 tsp ground cumin
1 ½ tsp ground coriander
2 Tbsp coconut aminos (this is a healthier version of soy sauce)
1 tsp salt
2 Tbsp sweetener (you can use sucanat, sugar in the raw or honey)
2 tsp curry powder
½ cup coconut milk
Pinch of cayenne
1 small jalapeno, minced
¼ cup chopped fresh cilantro
Fresh limes, cut into wedges

1. For the marinade, mix all ingredients except chicken, cilantro, and limes. Add the chicken and marinade to a large bowl or Ziploc bag and chill in the refrigerator 2-8 hours.
2. Remove chicken from the marinade and grill (also works well in the skillet with just a little oil).
3. While the chicken is grilling, pour the marinade into a small saucepan and bring to a rolling boil. Boil continuously for at least 2 minutes, stirring occasionally so it doesn't burn.
4. Sprinkle with fresh lime juice and cilantro. Serve with sauce on the side or drizzled over top.