

Grilled Caribbean Chicken Breasts

Jacob · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 25 mins

Description

Here is a Caribbeaninspired chicken recipe to get your creative juices flowing Chicken breasts marinated in the flavors of the Caribbean islands citrus garlic herbs and a little hot sauce for spice This recipe is from The Webb Cooks articles and recipes by Robyn Webb courtesy of the American Diabetes Association

Ingredients

- - ¼ cup fresh orange juice - 2 cloves garlic
- minced - 1 tablespoon olive oil - 1 tablespoon fresh lime juice - 1 teaspoon orange zest - 1 teaspoon minced fresh ginger root - ½ teaspoon chopped fresh oregano - ¼ teaspoon hot pepper sauce - 1 ½ skinless
- boneless chicken breasts

Instructions

1. Combine orange juice
2. garlic
3. olive oil
4. lime juice
5. orange zest
6. ginger
7. oregano
8. and hot pepper sauce in a blender. Blend into a marinade. Place chicken breasts in a nonporous glass dish or bowl. Pour marinade over chicken
9. cover dish or bowl
10. and refrigerate to marinate
11. at least 2 hours
12. or up to 24 hours. Preheat oven to broil or preheat grill to medium-high heat and lightly oil grate. Remove chicken from marinade (disposing of any leftover marinade) and grill or broil 6 inches from the heat source until chicken is cooked through and no longer pink inside
13. about 7 minutes per side. Editor's Note: The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
14. ingredients
15. cooking method
16. etc.
17. the actual amount of the marinade consumed will vary.