

Coconut Lime Chicken

Ingredients:

Juice from 4 Limes

¼ cup olive oil

1 Can Coconut Milk

4 Cloves Garlic, pressed

¼ tsp Ginger

2 tsp Seasoned Salt

1 tsp Black Pepper

4 – 4 1/2 lbs. Boneless, Skinless Chicken Breasts or Thighs

2 Gallon Size Freezer Bags, labeled with recipe name, cooking instructions and date

Trim chicken and divide equally between 2 freezer bags. In bowl, whisk together lime juice, olive oil, coconut milk, garlic, ginger, seasoned salt and pepper.

Divide the liquid mixture between the two freezer bags of chicken. Flatten to get as much air out as possible without leaking out mixture, and then seal bags. Store in freezer until ready to use.

Thaw in refrigerator overnight and then grill about 6-8 minutes per side, depending on the thickness of your meat.

HINT: If my chicken breasts are thick, I will often butterfly them (cut thickness in half) before freezing.