

RECIPE SHEET

Menu Item Tequila-Lime Chicken

Date 5/06/05

Name Chef Nancy

Yield 2 chicken breasts

Portion Size 1 chicken breast

Ingredient	Quantity		Preparation Notes
Lime Juice	1 cup		
Tequila	½ cup		
Vegetable Oil	1 cup		
Green Onion	1 bunch	Sliced	
Garlic	6 cloves		
Cilantro	2 bunch	1 cup chopped	
Parsley		Coarse chopped	
Lime Zest	3 limes	Approx. ¼ cup	
Salt & Pepper	To Taste	Approx. ½ tsp each	- puree all ingredients in the blender until smooth.
Boneless Chicken Breast	2		- pour ¾ of the marinade over the chicken. Marinade at least 1 hour. Cook chicken by grilling, pan-frying, or cutting into strips and sautéing.
			- heat the reserved marinade in a saucepan to reduce by about ¼ . Serve with the cooked chicken.
			NOTE: do not use the marinade left from the chicken UNLESS you BOIL it first for 1 ½ minutes. Cool completely before further use.