

## Ginger Lime Chicken

Chicken pieces	1 lb or 454 g (4 pieces)
Black Pepper	to taste
Onion Powder	to taste
Fresh Lime	1
Honey	3 tbsp
Garlic	1 clove
Ground Ginger	1 tsp
Vegetable Oil	1 tsp

### Method

1. Preheat oven to 375 F. Wash lime.
2. In a small bowl, finely grate peel from lime and squeeze juice.
3. Peel and crush garlic clove into lime juice. Stir in honey, ginger & oil.
4. Remove skin from chicken pieces if desired, or poke holes in skin. Place chicken pieces in a single layer in baking pan.
5. Sprinkle chicken with black pepper and onion powder.  
Pour ginger lime sauce over chicken.
5. Bake in oven for 50-60 minutes, until browned and no longer pink inside. Turn over chicken pieces after first 30 minutes of cooking.

Yield: 4 servings (each serving =3 protein choices)