

Grilled Mexican Chicken "Boats"



Plan Z Phase: This is a Z2 (ZReduction) recipe. You can make this recipe in a saute pan or take a different twist on it and grill everything in a grill basket.

Use your favorite meat rub on the chicken. I used a spicy steak rub on my version. Don't be afraid to use a rub indicated for beef on chicken or fish or vice versa!

Servings: Serves 4

Ingredients:

- 24 oz of skinless chicken breast meat cut into $\frac{1}{2}$ " cubes. If you are not planning on grilling, you can use ground chicken.
- your favorite meat rub
- olive oil spray
- 2 tsp of ground cumin
- 3 Tbl of minced fresh cilantro
- 3 limes, juiced
- sea salt and pepper to taste
- 2 large jalapenos peppers, sliced

- 1 large sweet onion cut into wedges
- 1 red bell pepper cut into 1" squares
- 1 cup of red cherry tomatoes
- 1 cup of yellow cherry tomatoes
- butter lettuce leaves

Instructions:

In a bowl or large zip lock baggie put in your chicken. Dust with the meat rub to your taste and mix it around so it covers all of the chicken. Add the cumin, cilantro, lime juice, salt and pepper. Toss to combine. Let marinate in the refrigerator for an hour or more. You can do this before work and come home to it fully marinated or do it when you get home and cook in one hour. I did the latter and it had plenty of time to marinate.

Saute the chicken on medium high until no pink remains in the chicken. If you want to be fancy, you can grill your meat (just be sure to use a grill basket. This works better if you are using chicken breasts cut into pieces. Ground chicken on the grill would get messy!). Stir the chicken periodically so no side gets charred.

Remove the chicken and keep it in a clean bowl. Cover to keep warm.

Lightly spray your veggies with olive oil. Grate on a bit of sea salt. Either saute your veggies or cook them on the grill until they are softened and cooked to your liking.

Put one or two clean butter lettuce leaves on your plate. Put 6-8 ounces of chicken chunks on top and cover with a full cup of veggies.

Serve.

Enjoy!

Cheers,