



## Gluten-Free Chili Lime Chicken and Rice

Recipe By MARC and ANGELA RYAN

SERVES: 4

### INGREDIENTS:

- 4 skinless, boneless chicken thighs
- 3 garlic cloves, minced
- 2 limes, zested and juiced
- 2 tbsp chili powder
- 2 tbsp avocado oil
- ½ tsp ground black pepper
- 1 tsp salt
- 2 tbsp green onions, chopped
- 6 cups jasmine rice, cooked
- 4 cups steamed peppers and onions

### DIRECTIONS:

- 1. Preheat the oven to 400°F.
- 2. In a medium bowl, whisk together avocado oil, garlic, chili powder, salt, pepper, lime juice, and lime zest.
- 3. Transfer the marinade and chicken thighs to a gallon-size resealable bag. Refrigerate and marinate for at least 30 minutes.
- 4. Arrange the marinated chicken in a rimmed baking pan and bake for 30 minutes, or until fully cooked.
- 5. Slice chicken into strips and serve over jasmine rice.
- 6. Add steamed peppers and onions on the side.
- 7. Garnish with green onions. Serve warm.

**Did you make this recipe?**

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