

# Recipe

## *Coconut lime grilled chicken*

### Ingredients

- 3 lbs chicken thighs
- 1/2 cup canned coconut milk
- 1 lime; squeeze out juice
- 1/2 medium onion
- Cilantro; large handful
- 3/4 tsp salt
- 1/3 jalapeño pepper with seeds for mild; more for hot



### Directions

**To make marinade:** In a food processor or blender, combine coconut milk, lime juice, onion, cilantro, salt and jalapeño pepper until a smooth mixture is formed.

Place chicken in a large bowl or any container that can be covered. Pour marinade over chicken, stir with tongs, cover and refrigerate for at least four hours or overnight (but no more than 24 hours).

**To grill chicken thighs:** Preheat the grill on high, then reduce to low-medium. Rub the grill with an oiled paper towel. Place chicken skin side down on the grill, close the lid and cook for 15 minutes. If the fat is burning too much, reduce the heat to low. Turn the chicken over, close the lid and cook for another 10-15 minutes or until a thermometer inserted in the thickest part has reached 165 F.

*Lockton Nurse Advocate*