

Fiesta Lime Chicken



Copycat Applebee's fiesta lime chicken recipe

Course	Main Course
Cuisine	American
Keyword	chicken
Prep Time	2 hours 10 minutes
Cook Time	20 minutes
Total Time	2 hours 30 minutes
Servings	4 servings
Calories	523kcal
Author	i heart eating

Ingredients

Marinade

- 1 cup water
- 1/3 cup teriyaki sauce
- 1 lime juiced
- 3 cloves garlic minced
- 1 teaspoon liquid smoke
- 1 /2 teaspoon garlic salt
- 1/4 teaspoon ground ginger
- 2 pounds boneless, skinless chicken breast filets (4)

Sauce

- 1/4 cup mayonnaise reduced-fat ok
- 1/4 cup plain Greek yogurt or sour cream**
- 1 teaspoon Cajun seasoning
- 1/4 teaspoon dried parsley
- 1/4 teaspoon Tabasco Sauce I like to use the Chipotle Tabasco Sauce
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon cumin
- 1 cup shredded Colby jack cheese
- Pico de gallo

Instructions

1. Whisk together the water, teriyaki sauce, lime juice, garlic, liquid smoke, garlic salt, and ginger.
2. Coat chicken in mixture, and marinate for at least 2 hours.
3. Whisk together the mayonnaise, yogurt, Cajun spice, parsley, hot sauce, dill weed, and cumin. Cover, and chill until ready to use.

4. Preheat oven to broil.
5. Discard marinade.
6. Grill the marinated chicken breasts for 5-10 minutes per side, or until cooked through.
7. Place grilled chicken on a baking sheet.
8. Brush grilled chicken with reserved dressing, sprinkle with cheese, and broil until cheese has melted, about 1-3 minutes.
9. Serve topped with pico de gallo.

Notes

*Recipe nutrition facts are estimates. Estimate does not account for discarded marinade.

**Non-fat Greek yogurt will work, but I don't recommend using non-fat sour cream.

Nutrition

Serving: 1serving | Calories: 523kcal | Carbohydrates: 8g | Protein: 59g | Fat: 27g | Saturated Fat: 9g | Cholesterol: 183mg | Sodium: 1489mg | Potassium: 990mg | Sugar: 4g | Vitamin A: 12.8% | Vitamin C: 10.1% | Calcium: 26.7% | Iron: 9.5%

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