

Los Muertos Marinated Chicken

Grilling season is in full swing, and we get invited to cookouts and backyard barbecues practically every weekend in the summer. The usual barbecue suspects are burgers, and hot dogs. Once in a while, some chicken will show up, but it's usually bland and boring, as if it's just an afterthought.

Grilled chicken doesn't have to be an afterthought however, as it can be super delicious with little effort. A good marinade is the best place to start, and this one, full of flavor from Ava Jane's Kitchen Avocado Oil, lime juice, and a few other ingredients is a surefire winner. The secret ingredient comes from a potent blend of spices in one of my favorite Ava Jane's Kitchen spice blends: Los Muertos Barbecue. This is my go-to seasoning blend for fajitas, as it's got a fresh, bright taste that's hard to find in those little spice blend packets you pick up at the supermarket. Turns out, it's delicious in a hearty marinade, and gets even better with the smoky heat from the grill.

Best of all, this marinade uses easy to come by ingredients that are blended quickly and poured over your chicken. Before grilling, you want to marinate for a little bit. Two hours is good, and a few hours won't hurt it. Don't marinate much longer than that, or the texture of your chicken will go from juicy and tender to mushy and stringy.

This chicken is good with all your barbecue favorites, but it's equally good on a lazy weeknight with your favorite rice or veggies. You could also skewer it with your favorite summer veggies for some amazing kabobs!

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Serves 2-4

Prep time: 20 minutes, plus marinating

Ingredients:

1/2 cup Ava Jane's Kitchen Avocado Oil

1 tablespoon Los Muertos Barbecue

Juice of 2 limes

1 clove garlic, minced

1/4 red onion

1 handful parsley

1 tablespoon tomato paste

1 pound chicken breasts

Directions:

Put the oil, seasoning, lime juice, garlic, onion, parsley, and tomato paste in a blender and blend until smooth.

Put the chicken in a plastic bag or casserole dish and pour marinade over top, making sure to coat evenly. Refrigerate until ready to cook, at least an hour.

When ready to cook, preheat the grill to medium high heat. Cook until chicken has reached an internal temperature of 160 degrees F. Let rest for 5-10 minutes before serving.