

Honey-Jalapeno Chicken Tenders



Ingredients:

- ¼ cup honey
- 3 T. reduced sodium soy sauce
- 2 T. olive oil
- 4 garlic cloves, minced
- 6 jalapeno peppers, finely chopped
- 1 T. finely grated lemon zest
- 1 tsp. salt or salt substitute
- ¾ tsp. black pepper
- 3 lbs. chicken tenders
- ½ cup chopped fresh cilantro
- Sour cream for serving

Directions:

1. Preheat grill and oil the grill rack.
2. Whisk together the honey, soy sauce, oil, garlic, jalapenos, lemon zest, salt and pepper. Toss the chicken in the marinade and let stand for at least 10 minutes.
3. Grill the chicken until well browned and cooked through, 4 to 6 minutes. Serve the chicken sprinkled with cilantro and with a dollop of sour cream on the plate.