

Tequila-Lime Chicken with Pineapple Pico – Comfort du Jour

One of my awesome blogging buddies shared this recipe idea with me, and it is fantastic! The ingredient list for the marinade is short and easy—tequila, citrus juice, fresh garlic and simple spices, and it tenderized the chicken beautifully. I can totally see why the tequila lime chicken tacos were a frequent “sellout” at her patio bar. We liked them so much at our house, I want to run out and buy a taco truck!

INGREDIENTS (MARINADE)

About 1 1/4 pounds of chicken tenders, patted dry
1/4 cup silver tequila (I’m sure gold would work just as well)
Juice of 1 lime
Juice of 1/2 lemon
About 1/2 tsp. each of cumin, garlic pepper seasoning, ancho chile powder and kosher salt* (see notes)
2 or 3 cloves garlic, minced
1 tsp. coconut sugar
2 to 3 Tbsp. extra virgin olive oil*

*NOTES

I chose ancho chile powder because we love the bright, fruity flavor. Substitute any kind of bottled chile powder or, as my friend suggested, even a pre-made taco seasoning. Keep it simple and southwestern, and let the tequila and lime work their flavor magic.

A little oil in a marinade helps protect meat from drying or burning. Olive oil is my go-to, but avocado or canola oil would work just as well.

We served our tequila-lime chicken on tacos, with shredded cabbage and slices of radish, plus a “pineapple pico.”

INSTRUCTIONS

Whisk together the marinade ingredients, and give the chicken several hours to overnight to soak up all the delicious, south-of-the-border flavors.

Cook the chicken on a hot grill (500° F at first, my hubby says) then reduce to 350° once you get the grill marks. Tenders cook more quickly than whole breasts, so watch closely and pull them off the grill when juices run clear.

PINEAPPLE PICO

1/2 cup fresh pineapple, cut into tidbit-sized pieces
1/2 cup baby tomatoes, halved or quartered to tidbit-size
2 Tbsp. red onion, chopped
1/2 medium fresh jalapeno, chopped
1/2 ripe avocado, cut into cubes
Juice of 1/2 lime, plus salt and pepper

Squeeze the lime juice over the avocado to prevent browning. Fold with remaining ingredients and chill.