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Grilled Chicken Tenders With Cilantro Pesto

Prep Time: 10 mins

Cook Time: 4 mins

Rest Time: 20 mins

Total Time: 34 mins

Ingredients

- 1/4 cup(s) lime juice
- 1/4 cup(s) soy sauce, reduced-sodium
- 1 tablespoon oil, canola
- 1 teaspoon chili powder
- 1 pounds chicken tenders, trimmed
- 2 cup(s) cilantro, fresh, loosely packed, (1-2 bunches)
- 2 medium scallion(s) (green onions), sliced
- 2 tablespoon sesame seeds, toasted



Recipe Tip:

- **Ingredient Note:** Sesame seeds can be purchased already toasted. Look for them near other Asian ingredients. Or toast your own in a small dry skillet over low heat, stirring constantly, until golden and fragrant, about 2 minutes.
- **Tip:** To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like fish, it is helpful to spray the food with cooking spray as well.

Preparation

1. Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour.
2. Preheat grill to medium-high.
3. Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth.
4. Oil the grill rack (see Tip). Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.