

Lime Honey Chicken

1/2 Cup GF CF soy sauce
1/4 Cup honey
2 tablespoon vegetable oil
1/4 cup Lime Juice
2 garlic cloves, minced
1/2 teaspoon red pepper flakes, to taste
2 tablespoon cilantro
3 pound skinless, boneless chicken breasts
cut into bite sized pieces.



Instructions

In a bowl combine ingredients. Put Chicken pieces in a plastic zip lock bag Pour in liquid and seal. Turn to coat and let sit for 30 minutes to an hour. Pour into a large pan. Cook over medium heat, stirring occasionally. Cooks about 25 minutes until the chicken is done. Serve with rice

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>