

CopyCat Cracker Barrel Grilled Chicken Tenderloins

Ingredients

1 Pound chicken tenderloins
1/2 Cup Italian dressing
1 tsp fresh squeezed lime juice
1 1/2 tsp honey

Directions

Mix the dressing, lime juice and honey together. Place the marinade in a zip lock bag with the chicken and make sure all the chicken is coated. Place this in the fridge to marinate for an hour, if you marinate longer the chicken might start cooking due to the lime juice so keep an eye on it!

In a skillet over medium heat, spray with cooking spray and place chicken in the pan. Let brown on all sides until cooked through, about 8 minutes total or until the internal temperature is 165 degrees.

Serve with your favorite sides or with a salad and enjoy!