



## Caramelized Chicken Tenders



1 c Zesty Italian dressing

2 T lime juice

4 t honey

1 lb. chicken tenderloins (tendons removed)

Mix dressing, juice and honey in Ziploc bag. Add chicken. Marinate at least 1 hour up to several hours. When ready to cook, pour chicken and marinade into skillet. Bring to a boil over medium heat. Cook approximately 45 minutes, stirring every 10 minutes or so. As liquid cooks off and chicken turns golden, stir more frequently. Remaining marinade will eventually thicken and caramelize. (Watch chicken closely at this point, turning heat down as necessary, as chicken browns quickly.) When marinade has thickened and chicken is golden brown, remove from pan and serve as a main dish or on salads, in tortillas, or in a sandwich.