Broiled Chicken Thighs with Garlic and Lime with Sautéed Broccoli and carrots

6 garlic cloves, finely minced

1 tsp salt

2 tsp pepper

As needed: Lime Juice

2 lb chicken thighs

1. Combine Garlic, salt, pepper, lime juice and rub chicken with mixture
2. Marinate in refrigerator for 1-2 hours
3. Broil chicken, turning as needed until internal temperature reaches 160

Sautéed Broccoli and carrots

3-4 bunches broccoli, florets removed and stems trimmed

6 carrots, peeled and small diced

1 tsp salt

3 T olive oil

3 T lime juice

2 T balsamic vinegar

4-5 garlic cloves, minced

1. Bring 2 qt water to a boil, add salt, carrots and broccoli
2. Cook for 3 minutes
3. Drain broccoli very well
4. Heat 3 T oil in a frying pan set to medium and sauté garlic until light golden
5. Add broccoli, carrots and sauté 2-3 minutes, stirring to coat broccoli with oil
6. Serve