



Cilantro Lime Roasted Chicken

Are you craving some protein? This quick and easy chicken recipe is budget-friendly and contains cilantro and lime to make a fresh and zesty flavor combination.

Yields: 6 servings

Serving Size: ½ breast, or 1 thigh, or 1 drumstick + 1 wing

Ingredients:

- Nonstick **cooking spray**
- 1 **rotisserie chicken**, cut into 8 pieces (about 2 ½ lb.)
- 2 Tbsp **cilantro**, chopped
- 1 **lime**, zested and juiced
- 1 Tbsp **honey**
- 2 cloves of **garlic**, minced
- ½ tsp **black pepper**
- ½ tsp **salt**

Instructions:

1. Preheat oven to 375 degrees.
2. Coat a baking dish with cooking spray.
3. Remove the skin from the chicken and arrange the chicken in a single layer in the baking pan.
4. In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground black pepper, and salt.
5. Pour the mixture evenly over the chicken and bake for 45-50 minutes (or until the internal temperature of the largest piece of chicken is 165 degrees). Serve warm.

Chef's Note: Serve this dish alongside rice and a colorful veggie, like steamed broccoli, for a balanced meal.

Per Serving: Calories 130 kcal, Carbohydrates 4 g, Protein 18 g, Saturated Fat 1.2 g, Sodium 250 mg, Fiber 0 g, Sugars 3 g

This recipe was adapted from Lara Rondinelli Hamilton, RD, LDN, CDE and Jennifer Bucko Lamplough.

