



# Chipotle Lime Chicken

SERVING: 3 OZ  
YIELD: 4

PREP TIME: 65 MINS  
TOTAL TIME: 75 MINS

## Ingredients

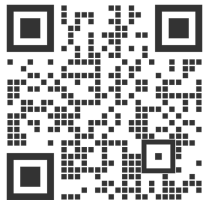
- 1 lb Chicken Breasts, boneless and skinless, chopped
- 2 tbsp Lime Juice
- 2 tbsp Avocado Oil or Extra Virgin Olive Oil, divided
- 1/2 cup Chipotle Sauce
- 2 tbsp Cilantro Leaves
- 2 tsp Ground Cumin
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Red Pepper Flakes

## Directions

1. In a gallon Ziploc bag or large covered bowl combine chopped chicken and all marinade ingredients. Let marinade for a minimum of 1 hour or as long as 12 hours. (The longer the better to really bring out the lime flavor.)
2. Using a large skillet, pour 1 tbsp oil over medium-high heat. Add chicken to skillet. Discard the remaining marinade.
3. Cook the chicken, turning occasionally, until completely cooked through. This can take about 12-15 minutes but time varies.
4. Serve immediately. Garnish with Fresh Cilantro if desired. Enjoy!

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>3 oz (0.0g)</b>
Amount Per Serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 10mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

\*Cost information includes lower cost ingredients found at local grocery store 03/03/23.



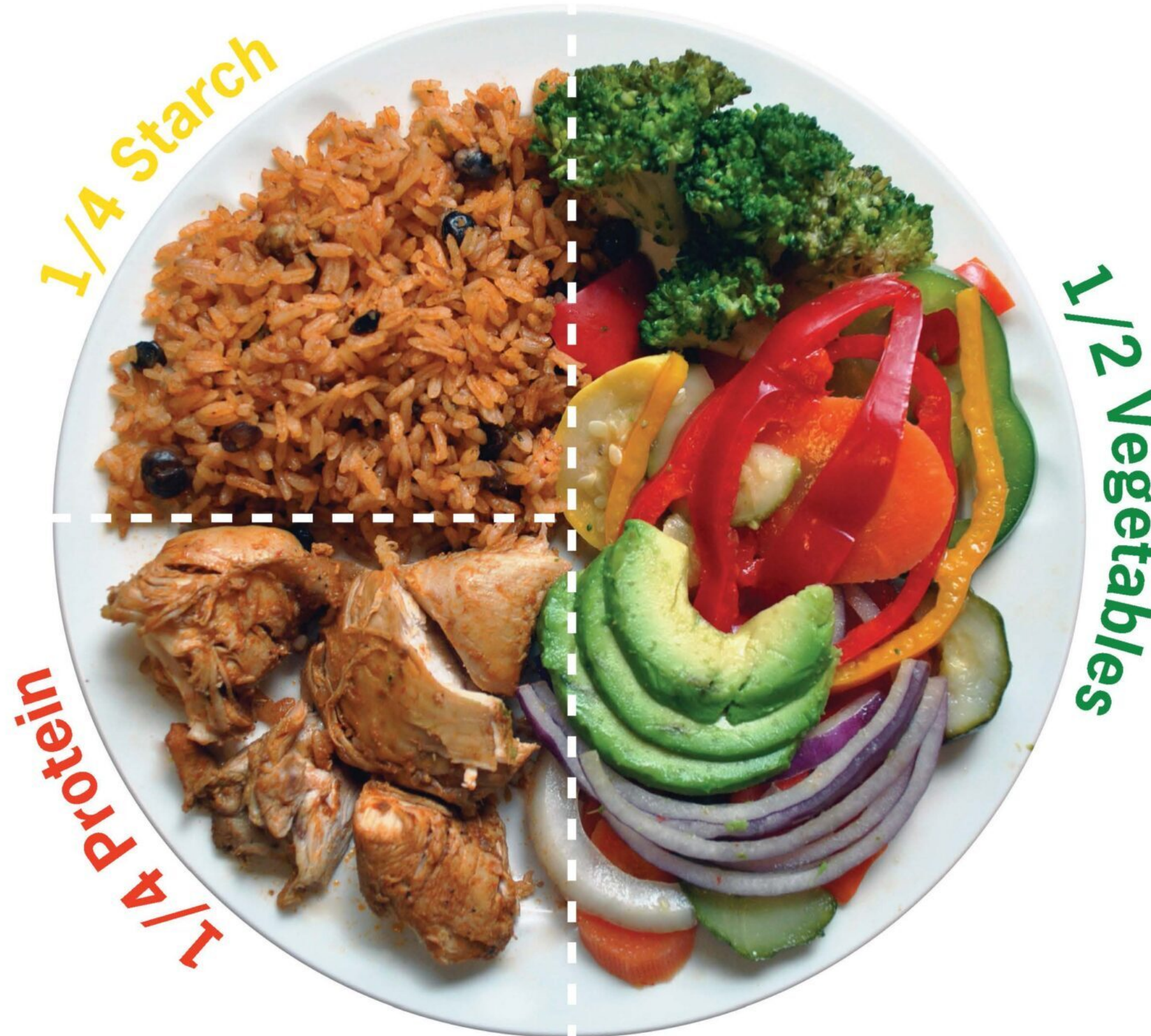
Cost Per Recipe	Cost Per Serving
\$7.34	\$1.84



# My Healthy Plate



Water is the best drink for you.



Plan the portions on your plate.



Fruit or Dairy

Ask your nutritionist if you should eat fruit or dairy with your meals.



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