

Lime Chicken



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Serves: 8

Prep: 5 minutes | **Cook:** 45 minutes

INGREDIENTS

- 2 pounds chicken thighs or chicken breasts
- 1/2 cup freshly-squeezed lime juice
- 2 cloves garlic, minced
- 1 tablespoon low sodium soy sauce
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons butter, melted
- Zest of two limes
- 1/2 cup fresh cilantro, minced
- Additional lime wedges (for garnish)

DIRECTIONS

1. Add chicken thighs or breasts, lime juice, garlic, soy sauce, salt and pepper to a large plastic bag. Seal and toss to combine ingredients until the chicken is evenly coated.
2. Refrigerate for at least 30 minutes or up to 8 hours.
3. Preheat oven to 425° F and grease a baking dish with cooking spray.
4. Remove chicken from bag and arrange in a single layer in the dish. Keep the marinade.
5. Brush chicken with melted butter, and season with additional salt and pepper if desired.
6. Bake for 20 minutes, then remove and brush chicken with the leftover marinade. Bake until the chicken is cooked through and the juices run clear (20-30 minutes).
7. Remove and sprinkle chicken with lime zest and fresh cilantro.



Nutrition Information

Serving Size: 1/8 of recipe (using skinless chicken breast)

Total calories	150
Total fat	5 g
Saturated fat	2 g
Cholesterol	73 mg
Sodium	463 mg
Carbohydrates	1.7 g
Fiber	2 g
Sugar	1 g
Protein	26.6 g

Recipe source (adapted from):
gimmesomeoven.com