

Cilantro-Lime Roasted Chicken



Cilantro and lime make a fresh and zesty flavor combination in this chicken dish. Recipe makes 6 servings. Cost = \$1.65 per serving.

Nutrition Facts

Serving Size: 1/2 breast, 1 thigh, or 1 drumstick + 1 wing

Calories: 130

Fat: 4.5 g

Dietary Fiber: 0 g

Carbohydrate: 4 g

Sodium 55 mg

Cholesterol: 55 mg

Protein 18 g

Source: American Diabetes Association.
For more Diabetes-friendly recipes, visit:
<http://www.diabetes.org/mfa-recipes/>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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Ingredients

- Cooking Spray
- 2½ - pound whole chicken, cut into 8 pieces
- 2 tablespoons chopped cilantro
- 1 lime, zested and juiced
- 1 tablespoon honey
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper
- ½ teaspoon salt (optional)

Directions

1. Preheat oven to 375 degrees F. Coat a baking dish with cooking spray.
2. Remove the skin from the chicken and arrange in a single layer in the baking pan.
3. In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground black pepper and salt (optional). 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.