

CITRUS CHICKEN



INGREDIENTS

6 lb	Boneless/skinless chicken breast
4 1/4 Tbs	Garlic cloves (crushed)
2 1/8 cup	Brown sugar (packed)
4 1/4 Tbs	Mustard seed (ground)
1 cup	Apple cider vinegar
1 cup	Lime juice (fresh)
2 1/8 cup	Lemon juice (fresh)
1 1/2 cup	Olive oil
1/2 tsp	Black pepper

INSTRUCTIONS

1. In a bowl, combine olive oil, brown sugar, juices, and spices and whisk until well blended.
2. Place chicken breast in a sealable bag and pour juice mixture over chicken. Marinate refrigerated for 1-2 hours.
3. Discard marinade and place chicken in a 2 inch hotel pan.
4. Bake at 250°F for approximately 30 minutes or until internal temperature reaches 165°F.

Change it up! Try this recipe with grilled chicken.

NUTRITION

Calories:	330
Sodium:	135 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	7%



*Number of Servings: 25 (184 g per serving)
Recipe courtesy of Stephens Memorial Hospital*