

ANCHO CHILI ROAST CHICKEN BREAST FIT

Serving size: 4 oz cooked Makes 6 servings

- 2 lb Chicken Breast, boneless
- 1 ½ Ancho Chili Peppers, dried
- 1 ½ tsp Garlic Powder
- 1 TBSP Onion Powder
- 1 TBSP Lime Juice
- ½ tsp Salt
- ½ tsp Black Pepper
- 1 TBSP Canola Oil
- Cooking Spray

Preparation:

1. Cut the chicken into 5 oz portions.
2. Soak the dried ancho chilies in warm water for 20-30 minutes until soft. Remove the chilies from the water, discard the stems and seeds.
3. In a food processor, blend the soaked ancho chilies, garlic powder, onion powder, lime juice, salt, pepper, and oil until smooth.
4. Toss the chicken portions in the wet rub marinade, ensuring they are evenly coated.
5. Preheat the oven to 350°F. Spray a sheet pan with cooking spray and place the marinated chicken on the pan. Roast for 16-20 minutes, or until the internal temperature reaches 165°F.
6. Allow the chicken to rest for 5-10 minutes before serving.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

| | |
|------------------------|-----|
| calories | 215 |
| total fat (g) | 7 |
| saturated fat (g) | 1.5 |
| trans fat (g) | 0 |
| sodium (mg) | 240 |
| total carbohydrate (g) | 5 |
| dietary fiber (g) | 2 |
| sugar (g) | 2 |
| protein (g) | 33 |