

MARGARITA CHICKEN

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3 ounces

Nutrition (per serving)

Calories: 100

Total Fat: 2 g

Saturated Fat: 0.5 g

Sodium: 152 mg

Total Carbohydrate: 3 g

Dietary Fiber: 0 g

Protein: 18.5 g

Ingredients

16 ounces boneless, skinless chicken breasts

1 cup lime flavored Margarita Mix, non-alcoholic

½ cup orange juice

¼ tsp pepper

¼ tsp chili powder

1 tsp minced jalapeno pepper

1 clove garlic, chopped



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Directions

1. Remove any excess fat from chicken breasts, and cut into small, 3 ounce pieces. Place in a medium bowl, or large zip-top bag.
2. Combine remaining ingredients and pour over chicken.
3. Marinate overnight, then discard marinade.
4. Baking instructions: Preheat oven to 375 degrees. Place marinated chicken on a baking pan that has been sprayed with non-stick cooking spray. Bake for about 20 minutes or until cooked through. (Smaller chicken pieces may take less time).
5. Grilling instructions: Preheat outdoor grill at medium heat. Grill chicken until cooked through, turning once.