

# MARGARITA CHICKEN

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

*Serves: 3 ounces*

## **Nutrition (per serving)**

Calories: 100	Total Carbohydrate: 3
Total Fat: 2 g	Dietary Fiber: 0 g
Saturated Fat: 0.5 g	Protein: 18.5 g
Sodium: 152 mg	

## **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

## 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.