

# Garlic Lime Chicken

- 3 tablespoons olive oil
- 3 boneless, skinless chicken breast cubed
- 1 teaspoon ground cumin
- 1 zest lime
- 4 cloves garlic
- 1 jalapeno pepper sliced
- 2 limes juiced
- 1/4 cup chopped fresh cilantro
- 3 cups cooked brown rice

Wash your hands and clean your cooking area

In a large skillet, heat olive oil on medium high heat.

Add chicken; allow to cook 3-5 minutes without turning.

Sprinkle cumin over chicken and turn; allow to cook additional 2 minutes.

Reduce heat to medium low and add lime zest, garlic and jalapeno. Stir to distribute flavors.

Cook for 2-3 minutes. Turn off heat. Pour lime juice over chicken.

. Remove chicken from skillet and place over bed of brown rice. Sprinkle cilantro on top.

## Nutrition Facts

Serving Size 3 ounces  
Servings Per Container 6

Amount Per Serving

**Calories 250**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**                      **14%**

    Saturated Fat 1.5g            **8%**

    Trans Fat 0g

**Cholesterol 35mg**                **12%**

**Sodium 35mg**                      **1%**

**Total Carbohydrate 25g**        **8%**

    Dietary Fiber 2g                **8%**

    Sugars 0g

**Protein 16g**

Vitamin A 2%                      • Vitamin C 10%

Calcium 2%                        • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4