

Baked Cilantro Lime Chicken

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1 lb Chicken Thighs (boneless, skinless)
1/2 cup Cilantro (finely chopped added for flavor)
2 Lime (juiced, divided)
2 tbsps Avocado Oil
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	205	Iron	1mg
Fat	12g	Vitamin D	1IU
Carbs	2g	Folate	8µg
Fiber	0g	Magnesium	28mg
Protein	22g	Zinc	2mg
Vitamin C	7mg		

DIRECTIONS

- 01 Add the chicken thighs, cilantro, half of the lime juice, avocado oil and sea salt to a zipper-lock bag or shallow bowl. Ensure the chicken is coated in the marinade and let it sit in the fridge for at least an hour. For maximum flavor, marinate overnight.
- 02 Preheat the oven to 400°F (204°C) and remove the chicken thighs from the marinade. Pat dry with a paper towel. Place the chicken thighs in a baking dish.
- 03 Bake for 20 to 25 minutes or until the chicken is cooked through. Remove from the oven and drizzle with remaining lime juice. Season with additional salt if needed. Let the chicken rest for at least 10 minutes before serving. Enjoy!

NOTES

RECIPE ID 109

BROWNEB CHICKEN

Sear chicken thighs in a hot cast iron pan for two to three minutes before baking or broil for the last two minutes of baking time to give the chicken extra color and flavor.

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Serve with lime wedges.

NO AVOCADO OIL

Use extra virgin olive oil instead.