

Baked Chicken and Carrots with Cilantro Lime Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

NUTRITION

AMOUNT PER SERVING

Calories	278	Iron	1mg
Fat	17g	Vitamin D	1IU
Carbs	5g	Folate	23µg
Fiber	2g	Magnesium	40mg
Protein	26g	Zinc	1mg
Vitamin C	6mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 03 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 04 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

NOTES

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SERVING SIZE

One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

MORE FLAVOR

Season chicken and carrots with black pepper, ground ginger, cumin, paprika, or garlic powder well before baking.

NO CHICKEN BREAST

Use chicken thighs or drumsticks instead.