



Weight Loss Done Right!

Peruvian Style Chicken with Green Sauce

Ingredients:

- 4 chicken thighs bone-in with skin removed or chicken breasts
- 4 garlic cloves- finely minced
- 4 tsp. olive oil
- 2 tsp. sugar substitute
- 1 tbsp. cumin
- 2 tsp. paprika
- 1 tsp. coriander
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- 1 ½ tsp. kosher salt
- 1 tsp. soy sauce
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For the green sauce:

- 1 cup (packed) cilantro leaves with tender stems
- 1–2 medium jalapeños, coarsely chopped
- 1 garlic clove, finely chopped
- 2 tsp extra-virgin olive oil
- 2 1/2 teaspoons fresh lime juice
- 1/4 teaspoon kosher salt
- 1/3 cup Walden Farms mayonnaise

Directions:

1. Mix all the marinade ingredients in a bowl. Rub the mixture on each piece of chicken.
2. Marinate in refrigerator between 4-24 hours. The longer the bolder the flavor.
3. Bring the chicken out of refrigerator and place on counter for 20-30 minutes.
4. Pre-heat oven to 400 degrees.
5. Spray pan with quick squirt of cooking spray.
6. When hot place chicken in pan for 4-5 minutes.
7. Flip the chicken and place in baking safe dish.
8. Place in pre-heated oven for 13-16 minutes.
9. Make sure the chicken is 165 degrees before removing.

Makes 2 servings

Each serving uses:

8 ounces protein
2 tsp olive oil
½ cup select veggies

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