



Cilantro Chipotle Lime Chicken – 302 Calories

Calories: 302 kcal

Ingredients

- 2 boneless skinless chicken breasts
- 2 limes, 1 juiced, the other quartered for later
- 2 garlic cloves, minced
- 1/2 tsp ground cumin
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- 1/4 tsp chipotle powder
- 1/4 cup chopped fresh cilantro*
- 1 tbsp olive oil
- Salt and Pepper to taste

Instructions

1. In a large mixing bowl or large sealable, Ziplock bag, combine the chicken breasts, freshly squeezed juice of one lime, ground cumin, sea salt, garlic, ground black pepper, chipotle, and fresh cilantro.
2. Toss to combine and coat the chicken well.
3. Cover with plastic wrap (or close Ziplock bag tightly) and place in the fridge for at least 30 minutes, preferably 2-3 hours, to allow the marinade to work.
4. Heat a skillet over medium-high heat with the olive oil.
5. Remove the chicken from the fridge and place in the hot oil.
6. Cook the chicken until well-browned on both sides and cooked through, about 4-6 minutes per side, or until the chicken reaches 165 degrees F internal temperature. Season with a pinch of salt and pepper.
7. Allow to rest for 5 minutes before serving.

Side Dish – Roasted Mexican Style Corn - 222 Calories

Ingredients

- 1 - 14 oz can sweet corn
- 1 - Tbsp olive oil
- 1 - small jalapeno pepper, sliced, seed removed
- 1 - clove garlic, minced
- 1 - Tbsp lime juice
- Salt and pepper to taste
- 1/3 - cup crumbled cotija cheese
- 3 - Tbsp chopped fresh cilantro

Instructions:

1. Drain and pat dry corn with a paper towel.
2. In a sauté pan add 1 tbsp of olive oil, and heat over medium high heat.
3. Add corn and cook for 8 – 10 minutes until golden in color.
4. Stir in jalapeno and cook for 4 minute or until tender.
5. Add garlic, lime juice cook for another 30 seconds.
6. Season with salt and pepper to taste.
7. Sprinkle with cotija cheese and cilantro
8. Serve alongside with chicken.

Farro Pilaf with Asparagus and Peas -327 Calories

Ingredients

- 2 green onions, chopped, set aside some for topping
- 1 Tbsp olive oil
- ½ cup farro
- 1/4 tsp salt
- ¼ tsp pepper
- 2 garlic cloves, minced
- 1.5 cups vegetable broth
- ½ lb asparagus, cut into 1-inch pieces
- 1 (5-oz) pkg baby spinach
- 2 tsps Italian seasoning
- 1 cup frozen green peas, thawed
- 2 carrots, sliced thin

Instructions

1. Cook onions in hot oil in a large saucepan over medium heat 5 minutes or until tender.
2. Add farro, salt, and pepper; cook 1 minute or until farro is toasted.
3. Add garlic, and cook for 30 seconds more
4. Add broth; bring to a boil.
5. Stir in asparagus and carrots. Reduce heat, and simmer 30minutes.
6. Add spinach and peas; cook 2 minutes or until spinach is wilted and peas are thoroughly heated.
7. Serve between two plates and top with the green onions that were set aside.