

# Honey Lime Chicken

Honey Lime Chicken is a simple and delicious dish of tender baked chicken thighs lightly glazed with lime and honey

## CACFP Home Childcare Crediting Information

1/3 cup (1/3 cup measuring cup or 3 oz spoodle) provides 1.25 oz equivalent meat.



**Preparation Time:** 25 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

## Ingredients

- 1 lb 7 oz Raw chicken thighs, boneless, skinless
- 1/3 cup or 3 1/2 oz Honey
- 1/4 cup or 2 oz Fresh lime juice
- 1/2 tsp Salt
- 1/4 tsp Ground black or white pepper
- 1/8 cup Lime zest

## Directions

- 1 Preheat oven:  
Conventional oven: 400 °F  
Convection oven: 375 °F
- 2 Combine chicken thighs, honey, lime juice, salt, pepper, and lime zest in a large bowl. Stir well. Set aside for step 2. Allow flavors to blend for 15-20 minutes.
- 3 Place seasoned chicken thighs on a baking pan (9" x 13" x 2") lightly coated with pan release spray and lined with parchment paper.
- 4 Bake:  
Conventional oven: 400 °F for 30-35 minutes.  
Convection oven: 375 °F for 30-35 minutes.
- 5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 6 Once chicken thighs are removed from oven, cut into 1/4" cubes.
- 7 Transfer honey lime chicken to a medium baking dish (8" x 8" x 2").
- 8 Critical Control Point: Hold at 140 °F or higher until served.
- 9 Serve 1/3 cup (portion with 1/3 cup measuring cup or 3 oz spoodle).

## Source:

CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving:** Calories 211, Protein 20 g, Carbohydrates 15 g, Dietary Fiber 0 g, Total Sugars 13 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 72 mg, Sodium 255 mg, Vitamin A 16 mcg RAE, Vitamin C 6 mg, Vitamin D 0 IU, Calcium 14 mg, Iron 1 g, Potassium 0 mg

