



Chipotle Roasted Chicken

12 Servings • 1 Serving = 4 Ounces

Recipe developed by Connie Guttersen, RD, PhD

INGREDIENTS

- 2 Tablespoons olive oil
- 1 Tablespoon garlic, chopped
- ½ teaspoon ground cumin
- 1 teaspoon chipotle in adobo sauce, chopped
- 1 teaspoon Mexican oregano
- 2 Tablespoons lime juice
- Freshly ground black pepper, to taste
- 1 - 4 pound whole chicken, giblets and excess fat removed

DIRECTIONS

1. Place a shallow roasting pan with a rack in the oven and preheat oven to 375°F.
2. In a small bowl, combine olive oil, garlic, cumin, chipotle, oregano, and lime juice. Season with pepper.
3. Gently loosen the skin from the breast and legs of the chicken, being careful not to tear the skin. Rub ¾ of the chipotle mixture underneath the skin of the chicken. Rub the remaining amount all over the skin.
4. Place the chicken in the roasting pan and roast for 50 - 60 minutes, until the juice runs clear or until the chicken is 165°F at the thigh or approximately 160°F at the breast.
5. Let rest in a warm place for 15 minutes prior to carving.

Nutrition Facts

12 servings per container

Serving size 4 ounces

Amount per serving
Calories 200

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 105mg 36%

Sodium 120mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 32g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 353mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000-calories a day is used for general nutrition advice.

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