

AUGUST
TEACHING
KITCHEN

VIRTUAL WELLNESS SERIES

Tuesday, August 15, 2023
noon–12:30 p.m. EST

Join April Rozzo, Clinical Oncology Dietitian, for a hands-on session preparing one of her favorite healthy eating recipes.



April
Rozzo, MS, RD, CSO, LD/N

ONE-PAN CILANTRO-LIME CHICKEN

Ingredients/Shopping List

- 2 tablespoons olive oil
- 1 teaspoon grated lime zest and 1 tablespoon lime juice (from 1 lime)
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon chili powder
- ½ teaspoon salt
- 1 pound boneless, skinless chicken thighs or breasts
- 3 medium scallions, cut into 1-inch pieces
- 3 tablespoons chopped fresh cilantro
- Lime wedges for serving (additional 1–2 limes)

Instructions

1. Combine oil, lime zest, lime juice, spices and salt in a large sealable plastic bag. Add chicken; seal the bag and massage to coat the chicken. Let stand at room temperature for 15 minutes.
2. Heat a large nonstick skillet over medium-high heat. Remove the chicken from the marinade, discarding the marinade, and add chicken to the pan in an even layer. Cook undisturbed until browned on the bottom, 5 to 6 minutes. Flip and cook another 5 to 6 minutes (internal temperature of the thickest part of the chicken should register 165°F). Transfer to a platter. Do not wipe the pan clean.
3. Add scallions to the pan; cook, stirring constantly, until blistered and tender, about 2 minutes. Scatter the scallions around the chicken. Drizzle with any remaining juices from the pan and sprinkle with cilantro. Serve with lime wedges.

**If your chicken breasts are thick or different sizes, consider pounding them thinner or slicing into smaller strips for faster (3–5 minutes on each side) more even cooking.*

