

Roasted Chipotle Mayo Chicken

Adapted from Homesick Texan blog



1/2 cup mayonnaise, full fat type like Best Foods

1 teaspoon lime zest

2 tablespoons chipotle chiles canned in adobo,
more if you like it really spicy

1/4 cup fresh cilantro, chopped

1/2 teaspoon cumin

black pepper to taste

4 pieces boneless skinless chicken breast halves,
boneless, skinless

lime wedges for serving

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

If you want to halve this recipe, you'll have difficulty whizzing the mayo ingredients in a blender. Instead, mix and mash the chipotles and minced cilantro in a bowl along with the lime zest, cumin and pepper. Just mash well until it's a smooth mixture.

1. Preheat the oven to 425° and have ready a 9x13 pan. I baked it at 410°, but you should judge your own oven. Mine runs a tad hot.
2. In a blender, mix together the mayonnaise, lime zest, chipotle chiles, cilantro, and cumin until smooth and slightly pink. Add pepper to taste.
3. Spread mayonnaise on each breast, both sides, then place in the pan and cook uncovered for 35 minutes or until juices run clear and the chicken has an internal temperature of 165 degrees.
4. Serve hot with lime wedges.

Per Serving (excluding unknown items): 329 Calories; 25g Fat (66.5% calories from fat); 28g Protein; trace Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.