

Miso-Lime Marinated Chicken Strips

*Alison Ladman - Associated Press
Scripps Treasure Coast Newspapers*

Servings: 4

*2 tablespoons white miso
2 tablespoons lime juice
zest of one lime
1 tablespoon ground black pepper
1 tablespoon honey
1 teaspoon chili-garlic paste
2 (about 1 pound total) boneless/
skinless chicken breasts, cut into
strips*

Preparation Time: 30 minutes

In a zip-close plastic bag, combine the miso, lime juice, lime zest, black pepper, honey and chili-garlic paste. Squish around in the bag until well combined. Place the chicken strips in the bag and squeeze out any air. Refrigerate for six to eight hours.

When ready to cook: Heat the oven to 450 degrees or heat the grill to medium-high. If using the oven, place a wire rack over a baking sheet and mist with cooking spray.

Drain the chicken, discarding the marinade. Arrange the chicken strips over the rack-baking sheet or on the grates of the heated grill.

Grill for 2 minutes or roast for 4 to 5 minutes, or until the chicken reaches an internal temperature of 160 degrees.

Let rest for 5 minutes.

Start to Finish Time: 6 hours

These marinated chicken strips are incredibly versatile. Prep them in the morning then just cook-off when you get home from work. They can be cooked on the grill, in a grill pan on the stove, or even on a rack in the oven.

Per Serving (excluding unknown items): 40 Calories; 1g Fat (11.8% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 314mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

| | | | |
|------------------|----|------------------|-------|
| Calories (kcal): | 40 | Vitamin B6 (mg): | trace |
|------------------|----|------------------|-------|

| | |
|--------------------------------|-------|
| % Calories from Fat: | 11.8% |
| % Calories from Carbohydrates: | 77.0% |
| % Calories from Protein: | 11.2% |
| Total Fat (g): | 1g |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 8g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 1g |
| Sodium (mg): | 314mg |
| Potassium (mg): | 45mg |
| Calcium (mg): | 14mg |
| Iron (mg): | 1mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 3mg |
| Vitamin A (i.u.): | 11IU |
| Vitamin A (r.e.): | 1RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 4mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 0 |
| Other Carbohydrates: | 1/2 |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 40 Calories from Fat: 5

% Daily Values*

| | |
|-------------------------------|-----|
| Total Fat 1g | 1% |
| Saturated Fat trace | 0% |
| Cholesterol 0mg | 0% |
| Sodium 314mg | 13% |
| Total Carbohydrates 8g | 3% |
| Dietary Fiber 1g | 4% |
| Protein 1g | |
| <hr/> | |
| Vitamin A | 0% |
| Vitamin C | 4% |
| Calcium | 1% |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.