**INGREDIENTS**

- 6 lb Boneless/skinless chicken breast
- 4 1/4 Tbs Garlic cloves (crushed)
- 2 1/8 cup Brown sugar (packed)
- 4 1/4 Tbs Mustard seed (ground)
- 1 cup Apple cider vinegar
- 1 cup Lime juice (fresh)
- 2 1/8 cup Lemon juice (fresh)
- 1 1/2 cup Olive oil
- 1/2 tsp Black pepper

**INSTRUCTIONS**

1. In a bowl, combine olive oil, brown sugar, juices, and spices and whisk until well blended.
2. Place chicken breast in a sealable bag and pour juice mixture over chicken. Marinate refrigerated for 1-2 hours.
3. Discard marinade and place chicken in a 2 inch hotel pan.
4. Bake at 250°F for approximately 30 minutes or until internal temperature reaches 165°F.

*Change it up! Try this recipe with grilled chicken.*

**NUTRITION**

- Calories: 330
- Sodium: 135 mg
- Trans Fat: 0 g
- % Calories from Saturated Fat: 7%

Number of Servings: 25 (184 g per serving)

Recipe courtesy of Stephens Memorial Hospital