



Garlic-Lime Chicken with Olives

- 1/2 yellow onion
- 2 to 3 garlic cloves
- 3 pounds boneless skinless chicken breast halves
- 2 tablespoons lime juice
- 1 tablespoon molasses
- 2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup pitted and sliced Greek olives

1. Remove the skin from the onion and garlic. **Scrub the onion and garlic with a vegetable brush while holding under cold running water. Dice the yellow onion on your produce cutting board.** Mince garlic in a food processor.
2. Remove wrapper from chicken and place in a large bowl. **Wash hands using soap and water after handling chicken.** Combine onion, garlic, lime juice, molasses, Worcestershire sauce, cumin, oregano, salt, and black pepper. Use a wooden spoon to mix and coat the chicken.
3. Coat a large roasting pan with cooking spray. Transfer chicken to roasting pan and pour any remaining marinade over the chicken. **Be sure to wash your hands again after handling the raw chicken.** Arrange olives over and around the chicken.



4. Heat the oven to 400°F. **Insert the cooking thermometer into the thickest part of the largest breast. Bake until the internal temperature reaches 165°F, about 30 to 35 minutes.** Enjoy!

Additional Food Safety Notes Related To This Recipe

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly before and after handling raw poultry.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- When storing leftover chicken, divide the chicken into small portions. Place into a clean, airtight storage container. Do not forget to label the container with the name and the date before putting in the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165°F.

Recipe Source

<http://www.foodnetwork.com/recipes/robin-miller/garlic-lime-chicken-with-olives-recipe/index.html>