

CARIBBEAN CHICKEN BREAST (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
202 cal	7 g	32 g	4 g	88 mg	212 mg	24 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 JUICE,LEMON
 HONEY
 CHICKEN BROTH
 PAPRIKA,GROUND
 GARLIC POWDER
 SALT
 LEMON RIND,GRATED
 GINGER,GROUND
 PEPPER,RED,GROUND
 OREGANO,CRUSHED
 COOKING SPRAY,NONSTICK

Weight

31-1/4 lbs
 2-1/8 lbs
 1-3/8 lbs
 3-7/8 oz
 1-5/8 oz
 1 oz
 1 oz
 1 oz
 3/8 oz
 3/4 oz
 1-1/2 oz

Measure

1 qts
 1-7/8 cup
 1 cup
 1 cup
 1/4 cup 1-2/3 tbsp
 1 tbsp
 1/4 cup 1-1/3 tbsp
 1/4 cup 1-2/3 tbsp
 2 tbsp
 1/4 cup 1-1/3 tbsp
 3 tbsp

Issue**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in each roasting pan; cover.
- 2 Combine lemon juice, honey, chicken broth, paprika, garlic powder, salt, lemon rind, ginger, red pepper, and oregano. Mix well.
- 3 Pour marinade evenly over chicken in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. CCP: Refrigerate remaining marinade at 41 F. or lower for use in Step 6.
- 5 Using a convection oven, bake at 325 F. for 12-14 minutes on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Bring reserved marinade to a boil. Cover; reduce heat; simmer 2 minutes. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 7 Transfer chicken to steam table pans. Discard chicken drippings.
- 8 Pour approximately 1 cup marinade evenly over chicken in each pan. Discard any unused marinade. CCP: Hold for service at 140 F. or higher.