

# Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

## Cilantro Lime Chicken

Servings: 4 | Calories Per Serving: 248

### Ingredients:

- 1-pound boneless skinless chicken thighs
- ½-cup cilantro, chopped
- 3 cloves of garlic sliced
- 3 Tbs lime juice
- 2 Tbs olive oil
- ½ Tbs cumin

### Directions:

1. In a small bowl combine the cilantro, garlic, lime juice, olive oil, and cumin.
2. Move to a shallow bowl or plastic bag and add chicken. Let marinate at least 30 minutes or up to four hours.
3. When ready to cook, add the chicken to a preheated heavy skillet coated with cooking spray on medium heat. Cook for 3-4 min per side until browned and cooked through.

And you are ready to serve!!  
Try it Over rice or a green salad. Enjoy!



Nutrition Facts	
4 Servings	
Serving Size - 3/4 cup (6oz)	
Amount per serving	
<b>Calories</b>	<b>248</b>
% Daily Value (DV)*	
<b>Total Fat</b> 12g	<b>11%</b>
Saturated Fat 2g	5%
<b>Cholesterol</b> 131mg	<b>2%</b>
<b>Sodium</b> 238mg	<b>10%</b>
<b>Total Carbohydrates</b> 0g	<b>0%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
<b>Total Sugars</b> 0g	<b>0%</b>
<b>Protein</b> 29g	<b>54%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Executive Chef Kerri Clear**  
St. Michaels Community Center



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

### Community Cafe and Pantry Hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.

**St. Michaels Community Center | 410-745-6073 | [www.stmichaelscc.org](http://www.stmichaelscc.org)**