**Peruvian Chicken**

**Recipe**

*Serves 6*

**Ingredients**
- 6 chicken breast halves about 4- 6 oz each
- 4 tablespoons red wine vinegar
- 3 tablespoons grapeseed oil
- 4 cloves garlic, minced
- 2 tablespoons paprika
- 1 1/2 tablespoons cumin
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- Juice and zest of 1 lemon
- Juice and zest of 1 lime
- 1/4 cup fresh oregano

**Directions**
1. Combine all the marinade ingredients together. Marinade chicken for 30 minutes or up to 24 hours.
2. Grill or roast until chicken registers at 160 degrees.

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**Nutritional Information**

**Nutrition**
- Serving Size: 140 grams
- Calories 276
- Calories from fat 106
- Total Fat 11.8 grams (18%)
- Cholesterol 96 mg (32%)
- Sodium 283 mg (12%)
- Total Carbohydrate 5.1 grams (2%)
- Dietary Fiber 2.5 grams (10%)
- Protein 36.3 grams

**Vitamins**
- Vitamin A: 29%
- Vitamin C: 7%
- Calcium: 9%
- Iron: 24%

**Nutrition Grade**
- A-

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

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Created, cooked, and provided by **Culinary Chef Jessica Vanroo** at Health & Fitness Fridays workshop on May 11, 2012