



Baked Chicken

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless, skinless chicken (approx. twenty 6 oz (170 g) pieces)	3.5 kg
¼ cup	lemon juice	60 mL
¼ cup	vegetable oil	60 mL
2 tbsp	garlic, minced	30 mL
2 tbsp	Dijon mustard	30 mL
1 tbsp	thyme, dried	15 mL
2 tsp	salt	10 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Place chicken on a parchment-lined baking sheet.
3. Mix remaining ingredients in small bowl.
4. Brush chicken with mixture.
5. Bake for 25 – 30 minutes until internal temperature reaches 165°F (75°C).

Vegetarian Substitution suggestion: Rice and Beans.

Nutrition Information

Serving 50 g (2 oz)

Calories 80

Fat 2 g

Saturated 0 g

+ Trans 0 g

Sodium 125 mg

Carbohydrates 0 g

Fibre 0 g

Sugars 0 g

Protein 14 g

Calcium 0 mg

Iron 0.5 mg

Food Guide Servings

1 Meat & Alternative