

HERB AND CITRUS OVEN ROASTED CHICKEN

INGREDIENTS:

1/4 cup olive oil

4 cloves of garlic, minced

2 tablespoons sugar

2 whole lemons, one juiced and one sliced

2 whole oranges, one juiced and one sliced

1 tablespoon Italian seasoning

1/2 teaspoon paprika

1 teaspoon onion powder

1/4 teaspoon crushed red pepper flakes

Kosher salt and freshly ground pepper, to taste

10-12 pieces (about 4 1/2 lbs.) bone-in chicken parts (thighs and legs are best)

1 medium onion (any kind), thinly sliced

1 teaspoon dried thyme, or fresh chopped

1 tablespoon dried rosemary, or fresh chopped

Chopped fresh herbs (rosemary, thyme, parsley), for garnish, *optional*

DIRECTIONS:

Preheat oven to 400 degrees F.

In a small bowl whisk together olive oil, garlic, sugar, lemon juice, orange juice, Italian seasoning, paprika, onion powder, red pepper flakes, and salt and pepper.

Place chicken in a rimmed 13-in. x 9-in. baking dish. Pour olive oil mixture all over chicken, turning pieces to coat all sides. Add chicken with all liquid to pan (even in marinating in liquid).

Place parts skin side up and spread them out evenly in the pan. Arrange slices of lemon, orange and onion around and under the chicken. Sprinkle all over generously with thyme, rosemary, salt and pepper.

Bake uncovered for about 1 hour, or until chicken is cooked and juices run clear. Remove parts to a serving platter and garnish with additional chopped fresh herbs, if desired.

Enjoy!

Thanks for submitting.....L Rostens