

Citrus Chicken

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 1 hour, 0 minutes

Makes: 4 Servings

Chicken thighs are coated in oregano, cumin and lime juice and oven baked until tender and golden brown.

Ingredients

- 4 6-ounce chicken thighs (bone-in)
- 2 **teaspoons** dried oregano
- 1 **teaspoon** ground cumin
- 2 **tablespoons** Fresh lime juice (about 1 lime)
- 1/2 **teaspoon** Kosher salt
- 1/4 **teaspoon** black pepper
- 1 orange, sliced (optional, for garnish)

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. To trim the chicken, lay the chicken thighs on the cutting board, skin side up. Press down on the chicken to push out the excess fat. Use a sharp knife to cut excess fat.
3. Put the chicken, oregano, cumin, lime juice, salt, and pepper in the bowl and mix well. Proceed to the next step or cover and refrigerate up to overnight.
4. Put the contents of the bowl in the baking pan and transfer to the oven.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	231	
Total Fat	15 g	23%
Protein	22 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	4 g	20%
Sodium	376 mg	16%

MyPlate Food Groups

Protein Foods	3 ounces
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5. Bake about 1 hour until cooked throughout and well browned.
6. Serve right away.

Notes

Orange or lemon juice can be used instead of lime juice.

Garnish with orange slices or lime wedges.

USDA Center for Nutrition Policy and Promotion