

Chicken

Cardamom-Honey Chicken Thighs with New Potatoes

J. M. Hirsch for The Associated Press
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Servings: 4

Preparation Time: 15 minutes

Bake Time: 50 minutes

1/3 cup honey
zest of one orange
2 tablespoons olive or canola oil, divided
Kosher salt
1/2 teaspoon garlic powder
1 1/2 teaspoons ground cardamom
1/4 teaspoon ground black pepper
1 1/2 pounds new potatoes
1 1/2 pounds skin-on, bone-in chicken thighs

Preheat the oven to 400 degrees.

In a small bowl, whisk together the honey, orange zest, 1 tablespoon of the oil, one teaspoon of salt, garlic powder, cardamom and pepper. Set aside.

In a 9x9-inch metal roasting or baking pan, toss the potatoes with the remaining tablespoon of oil and 1/2 teaspoon of salt. Arrange the potatoes in an even layer.

Use a pastry brush to coat the chicken thighs with the honey mixture under and over the skin. Arrange the chicken pieces over the potatoes.

Cover with foil and roast for 35 minutes.

Uncover and roast for another 15 minutes.

Transfer the meat and potatoes to a plate, cover with foil and set aside.

Set the roasting pan over a stovetop burner on medium-high heat. Bring the liquid in the pan to a simmer and cook until thickened, about 2 minutes.

Serve the chicken and potatoes drizzled with the pan sauce.

Per Serving (excluding unknown items): 223 Calories; trace Fat (0.8% calories from fat); 4g Protein; 54g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 2 Grain(Starch); 0 Fat; 1 1/2 Other Carbohydrates.