
Citrus-Braised Chicken Thighs

The Essential Southern Living Cookbook

Preparation Time: 55 minutes

Start to Finish Time: 1 hour 30 minutes

Kosher salt

black pepper

8 bone-in, skin-on chicken thighs, trimmed

2 tablespoons olive oil

2 carrots, sliced

1 yellow onion, sliced

3 cloves garlic, minced

1 cup fresh orange juice

2 tablespoons fresh lemon juice

1/2 teaspoon ground cumin

1/2 cup green olives, pitted

1 tablespoon fresh flat-leaf parsley, chopped

Sprinkle salt and pepper on the chicken. Cook four chicken thighs in one tablespoon of hot oil in a large Dutch oven over medium-high heat for 6 minutes on each side. Remove the chicken. Wipe the Dutch oven clean. Repeat with the remaining one tablespoon of oil and remaining chicken thighs. Reserve one tablespoon of the drippings in the Dutch oven.

Reduce the heat to medium. Add the carrots. Cook, stirring occasionally, for 2 minutes. Add the onion. Cook, stirring occasionally, for 5 to 7 minutes or until tender. Add the garlic. Cook, stirring occasionally, for 1 minute. Stir in the orange juice, lemon juice and cumin. Increase the heat to high. Bring to a boil.

Add the chicken and olives. Reduce the heat to medium-low. Cover and simmer until a thermometer inserted into a thigh registers 175 degrees, about 35 to 40 minutes.

Just before serving, stir in the parsley and add salt and pepper to taste.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 2145 Calories; 150g Fat (63.2% calories from fat); 136g Protein; 60g Carbohydrate; 9g Dietary Fiber; 632mg Cholesterol; 1223mg Sodium. Exchanges: 0 Grain(Starch); 18 Lean Meat; 5 Vegetable; 2 Fruit; 19 Fat.