

## Delicious healthy meals: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

### Instructions

1. In a small bowl whisk together olive oil, garlic, sugar, lemon juice, orange juice, Italian seasoning, paprika, o powder, red pepper flakes, and salt and pepper.
2. 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).
3. 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.
4. 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.
5. Just 30-40 minutes is all that's needed to bake this recipe with chicken breasts in place of chicken parts.
6. For best results, chicken can be marinated in a plastic container or bag for several hours or overnight in the oil mixture.
7. This is great served with a big salad, and/or lemon orzo/potatoes, or garlic bread!
8. You can also switch up the seasonings to a spicy mix and toss in lemons and limes instead of oranges. Swa cilantro for the rosemary and thyme. Serve it over rice, maybe? No need to be a recipe robot – get creative!

Recipe by recipes of healthy meals at <http://recipesofhealthymeals.com/delicious-healthy-mealsherb-and-citrus-oven-roasted-chicken/>