

Citrus chicken



Recipe credit

USDA Center for Nutrition Policy and Promotion

About this recipe

Serves

4

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

Tips and variations

- Orange or lemon juice can be used instead of lime juice.
- Garnish with orange slices or lime wedges.

Nutritional info

Calories

231

Total fat

15 g

Saturated fat

4 g

Cholesterol

133 mg

Sodium

376 mg

Total carbohydrates

1 g

Dietary fiber

0 g

Protein

22 g

Total sugar

0 g

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