

Citrus Chicken Thighs



Ingredients

1 1/4	lbs.	boneless, skinless chicken thighs
1/4	cup	olive oil
6		garlic cloves, finely minced
1	tsp.	dried oregano
1	tsp.	ground cumin
1/2	tsp.	kosher salt
1/4	tsp.	freshly ground black pepper
1/2	cup	fresh orange juice
1/4	cup	fresh lime juice
1/4	cup	fresh lemon juice
1	large	onion, peeled and cut into 6 wedges

In a large skillet, heat the oil over medium-low heat. Add the garlic and sauté for 5 minutes. Add the oregano, cumin, salt, and pepper and sauté for 1 minute. Add the garlic mixture to the bowl of chicken. Add the orange, lime, and lemon juice and the onion to the bowl. Cover and marinate in the refrigerator for 4 to 8 hours

Remove the chicken from the refrigerator and bring to room temperature for about 10 minutes. Coat an outdoor grill with cooking spray. Set the grill to medium high.

Drain the marinade from the chicken and discard, reserving the onion wedges.

Add the chicken thighs and onion wedges to the grill and cook the chicken for 7 to 9 minutes per side or until the internal temperature reaches 165 degrees. Grill the onions for 10 to 12 minutes, until soft and lightly browned. Serve the chicken with the

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onions.

Makes: 6 servings

Serving Size: 3 oz.

Calories	175	
Fat	10	g
Saturated Fat	2.1	g
Trans Fat	0	g
Carbohydrate	6	g
Fiber	1	g
Sugars	3	g
Cholesterol	85	mg
Sodium	135	mg
Potassium	270	mg
Protein	16	g
Phosphorus	155	mg