Entrée

Cinnamon Chicken



Ingredients

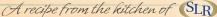
1 ½ CUPS apple juice (or ½ juice and 1/2 sherry wine) 1/4 CUP honey

1/4 CUP lemon juice, freshly squeezed

- 1 TBSP garlic, minced
- 1 TSP cinnamon
- 1 TSP kosher salt OR 1/2 TSP sea kelp
- 1 TSP fresh ground black pepper
- 3 LBS chicken pieces (8 pieces total) 2 TBSP canola oil
- 1 lemon, for garnish, cut into wedges

Directions

- 1. MARINATE CHICKEN: Combine apple juice, honey, lemon juice, garlic, cinnamon, salt & pepper in a large ziptop container. Add chicken, seal bag, shake to coat well and let marinate in the refrigerator for 8 hrs or overnight
- Preheat oven to 350°
- 3. Remove chicken from the marinade, shake off the excess and set chicken aside on a plate
- 4. Pour marinade into a small saucepan and bring to a boil, reduce heat to medium and boil until it has been reduced to 1 cup and has begun to thicken (about 10-15 minutes)
- 5. Heat oil in a skillet and brown chicken parts over fairly high heat just a few minutes per side, lowering heat if needed to prevent from charring. You want the chicken to be evenly browned, but not fully cooked yet
- 6. Place chicken in a 9" x 13" roasting pan and pour the reduced marinade on top
- 7. Bake 30-55 minutes, or until chicken is fully cooked and no longer pink (cooking time will vary based on the chicken pieces you use)
- 8. Skim fat from the pan juices and serve juices as a dipping sauce if you like
- 9. Garnish with lemon wedges and serve!





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