



**BRAIN HEALTHY  
COOKING**

# Entrée

## *Cinnamon Chicken*



### *Ingredients*

- 1 CUPS apple juice**  
(or 2 juice and 2 sherry wine)
- 4 CUP honey**
- 4 CUP lemon juice, freshly squeezed**
- 1 TBSP garlic, minced**
- 1 TSP cinnamon**
- 1 TSP kosher salt OR 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 zip top container. Add chicken, seal bag, shake to coat well and let marinate in the refrigerator for 8 hrs or overnight
- 2.** 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!

