

Lebanese Lemon Chicken

Recipe by: Chef Jonathan Poyourow, RD, LD, MA

Yield: 12 servings

Ingredients

- 3 lemons
- 2 tablespoons extra virgin olive oil, plus more for cooking
- ½ teaspoon turmeric
- 1 ½ teaspoons flaky sea salt
- Freshly ground black pepper
- 3 pounds boneless, skinless chicken thighs (about 12 thighs)
- Olive oil
- 2 large shallots or 1 large onion, halved, peeled and sliced
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme



Method of Preparation

1. Placing one lemon over a large bowl, squeeze until two tablespoons of juice is attained. Add two tablespoons of olive oil, turmeric, salt, and a generous amount of freshly ground black pepper and whisk.
2. Add chicken thighs to the bowl and toss to coat. Allow chicken to marinate briefly at room temperature while you prepare the other ingredients.
3. Trim the ends off the other two lemons and slice them into quarter-inch thick rounds. Remove any visible seeds.
4. Heat two large cast iron skillet over medium-high heat (or use one skillet and cook the chicken in two batches). Add enough olive oil to coat bottom with a thin layer of oil.
5. Divide chicken pieces between two pans with the smooth side of the chicken (where the skin was) facing down, making sure to leave a little room between the pieces so they can brown. Cook for about five minutes, until nicely browned. Flip and cook for 8-10 minutes on the second side, until just cooked through, lowering the heat slightly if necessary. Use tongs or a slotted spatula to transfer chicken pieces to a plate.
6. Add lemons, shallots, and herb sprigs to the pans. Cook undisturbed for 3-4 minutes, until the lemons are browned on the bottom.
7. Pour a half cup of water into each pan and stir, scraping the browned bits from the bottom.
8. Reduce heat to medium, add chicken back to the pans, and cook for 4-5 minutes so the flavors can meld.
9. Serve chicken, shallots, and pan juices hot over rice.

Nutritional Analysis

without rice:

Calories: 200
Carbohydrates: 0 g
Sodium: 700 mg
Protein: 28 g
Total Fat: 10 g
Saturated Fat: 1.5 g
Fiber: 0 g

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