



GARLIC CHICKEN

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 8 servings. A serving is 3 ounces or protein.



INGREDIENTS

2-1/2 lbs. chicken thighs or drumsticks
8 Tbs. flat-leaf parsley, chopped fine
5-10 cloves garlic, sliced
1 lemon, juiced
2 Tbs. organic unrefined coconut or avocado oil, plus
oil for greasing baking pan
Pink Himalayan salt & fresh-ground pepper, to taste

DIRECTIONS

Preheat the oven to 450°F. Generously grease baking pan. Place chicken into pan. Sprinkle the garlic and parsley over the chicken. Sprinkle the lemon juice and oil over the chicken. Salt and pepper to taste.



Bake until chicken is golden brown – approximately 30-40 minutes or until internal temperature is 165°F. If the dish browns too quickly, reduce the temperature to 400°F.