



## ROASTED CAESAR CHICKEN

By Dr. Cindy Tanzar  
(Standard/Maintenance)

These baked chicken thighs are crispy on the outside and very juicy and tender on the inside. Marinating the chicken creates greater flavor and a beautiful color, as well. Chicken with the bone-in is always more flavorful and moister than boneless chicken.

The cooking times will vary, also, so be sure to read the instructions fully first.

Leftovers can be eaten warm or cold.

Makes 4-6 servings. One serving of this recipe is 3 oz cooked chicken and covers your protein and 1/2 fat for one meal.



### INGREDIENTS

4 chicken thighs or legs (can use bone in or boneless thighs)

1/4 cup Genesis Caesar Dressing (best, see below) or Primal Kitchen Caesar Dressing

1 tsp. lemon juice

1/2 tsp. Pink Himalayan salt

1/4 tsp. garlic powder

1/4 tsp. onion powder



## INSTRUCTIONS

Combine Caesar dressing, lemon juice, salt, garlic powder and onion powder into a large bowl and mix well.

Add chicken, rubbing the dressing mix all over it and under some of the skin, if possible. Cover and place in the refrigerator to marinate for a minimum of 2 hours and up to 36 hours.

When ready to bake, preheat oven to 400°F. Place the chicken on parchment paper or a foil-lined sheet pan. If using chicken with skin on, bake for 60 minutes until chicken is crispy and reaches 165°F. If using boneless chicken thighs, reduce cooking time to about 25 minutes and thermometer reads 165°F.

## Genesis Caesar Dressing

1-1/4 cups Genesis mayo recipe or Primal Kitchen mayo  
6 Tbsp. extra virgin olive oil  
2 Tbsp lemon juice  
2 Tbsp anchovy paste (picture below)  
2 Tbsp coconut aminos (can use Worcestershire in maintenance)  
6 cloves garlic, minced  
Pink Himalayan salt and ground pepper, to taste

Put all the ingredients into a large jar, measuring glass or bowl.

Using an immersion blender will blend the garlic best, but you can also smash the garlic well with the side of a knife (making a paste) and whisk everything together, as well.

Blend or whisk until well blended. Keeps well in the refrigerator for one week.