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## ROASTED CITRUS AND HERB CHICKEN

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Makes 8-10 servings. One serving is 3oz protein cooked (pulled off the bone).



### INGREDIENTS

- 12 pieces chicken (with the bone)
- 1 medium onion, thinly sliced
- 1 Tbs. dried rosemary
- 1 tsp. dried thyme
- 1 lemon, sliced thin
- 1 orange, sliced thin

### MARINADE

- 5 Tbs. coconut or avocado oil
- 6 cloves garlic, minced
- 1 Tbs. liquid stevia



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Juice of 1 lemon  
Juice of 1 orange  
1 Tbs. Italian seasoning  
1 tsp. onion powder  
Dash of crushed red pepper flakes (or to taste)  
Pink Himalayan salt and fresh ground pepper to taste

### **DIRECTIONS**

Whisk together all of the marinade ingredients in a small bowl. Place the chicken in a large dish and pour the marinade over it. Marinate for 3 hours or overnight.

Preheat oven to 400° F. Place chicken into a large glass baking dish, arranging the onion, orange and lemon slices on top.

Sprinkle with rosemary, thyme, salt and pepper.

Cover with aluminum foil and bake for 30 minutes. Remove the foil, baste the chicken and bake for another 20-30 minutes uncovered, until chicken is cooked through.