

## Citrus-Marinated Chicken Thighs



### Makes:

4 servings, 2 thighs per serving

### Utensil:

Saladmaster Food Processor

12" Chef's Gourmet Skillet

Food Processor

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### Recipe:

### Contributed By:

Chef Sergio Corbia

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### Recipe Description:

Looking for a new way to use citrus fruits in your cooking? Then this chicken recipe is for you. **Watch** Chef Sergio prepare these zesty chicken thighs.

8 chicken thighs, skin-on, bone-in

### Marinade

$\frac{1}{2}$  bunch cilantro 2  
cloves garlic, shredded, use Cone 1  
#1 1  
teaspoon lime zest, shredded, use Cone (2 g)  $\frac{1}{4}$   
#1  $\frac{1}{4}$   
tablespoon orange zest, shredded, use Cone (6 g)  $\frac{1}{4}$   
#1 2  
cup lime juice (60 mL) cup orange juice (60 mL) 1  
cup soy sauce, low- (60 mL) 1  
sodium

tablespoons vegetable oil (30 mL) **Directions:**

- tablespoon kosher salt (18 g) scallion, thinly sliced, divided 1. Place all marinade ingredients ( $\frac{1}{2}$  of the cut scallions) in food processor and puree. Set aside  $\frac{1}{4}$  cup (60 mL) marinade and place remaining marinade in large re-sealable bag or container with cover. Place chicken in bag or container and thoroughly coat. Chill at least 20 minutes. Chicken can be marinated 2 hours ahead - keep chilled.
2. Preheat skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, reduce heat to medium-low. Remove chicken from marinade, reserve marinade, and place chicken thighs in skillet, skin-side down. Cover with 12" Electric Skillet Cover and cook chicken 5 - 8 minutes, until chicken releases and is browned. Turn, re-

- cover, and cook other side 5 - 8 minutes.
3. Serve chicken with reserved marinade and top with remaining scallions

**Tips:**

- An average sized chicken thigh weighs approximately 2 ounces (57 g), not counting skin or bone.

Nutritional Information per

▼ Serving

**Calories:** 224  
**Total Fat:** 12g  
**Saturated Fat:** 2g  
**Cholesterol:** 94mg  
**Sodium:** 2046mg  
**Total** 6g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 2g  
**Protein:** 24g