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CRANBERRY BALSAMIC CHICKEN

Yields: 6 Servings

INGREDIENTS

1 tbsp. olive oil
 1 lb. skin-on, bone-in chicken thighs
 2 tbsp. butter
 1/2 c. fresh cranberries
 1/3 c. balsamic vinegar
 2 cloves garlic, minced
 6 sprigs rosemary
 2 tsp. thyme leaves
 1 tbsp. brown sugar
 Zest of 1 orange

DIRECTIONS

1. Preheat oven to 325°. In a large ovenproof skillet over medium high heat, heat olive oil. Add chicken skin side-down and cook until the skin is golden and crispy, about 4 minutes. Remove chicken from heat and place on plate, skin side-up.
2. Melt butter in the same skillet then add cranberries, vinegar, garlic, brown sugar, and orange zest. Return chicken to skillet and scatter herbs all around. Simmer until the liquid begins to thicken and the cranberries start to soften, 5 to 10 minutes.
3. Transfer to oven and cook until the chicken thighs are cooked through, 18 to 25 minutes more.
4. Serve warm.

Nutrition Information (Per 1 Serving): 230 Calories, 15g Fat, 5g Saturated Fat, 68mg Cholesterol, 81mg Sodium, 3g Carbohydrates, 1g Dietary Fiber, 2g Sugar, 16g Protein