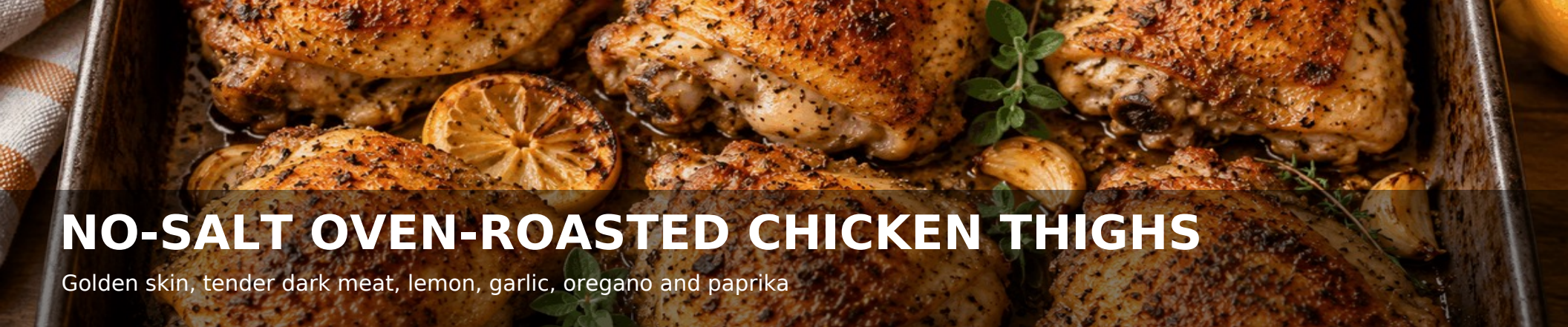




NO-SALT OVEN-ROASTED CHICKEN THIGHS

Golden skin, tender dark meat, lemon, garlic, oregano and paprika

PREP 10 MIN | ROAST 40-50 MIN | REST 5-8 MIN | SERVES 6 | OVEN 425°F / 220°C

INGREDIENTS

- 6 thawed bone-in, skin-on chicken thighs
- 1 tbsp extra-virgin olive oil
- 1 tsp garlic powder
- 1 tsp smoked or sweet paprika
- 1 tsp dried oregano
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- Zest of 1 lemon, optional
- 1 tbsp lemon juice

METHOD

- 1 Heat the oven to 425°F / 220°C.
- 2 Pat the thighs very dry. Place skin-side up on a lightly sprayed rack over a foil-lined sheet, or directly on a lightly greased pan.
- 3 Mix the olive oil, garlic powder, paprika, oregano, onion powder, black pepper, lemon zest and lemon juice.
- 4 Rub the mixture over the thighs, including a little beneath the skin where practical.
- 5 Roast uncovered for 40 minutes, then check.
- 6 Continue 5-10 minutes if needed, until browned and the thickest flesh reaches at least 165°F / 74°C without the thermometer touching bone.
- 7 For more tender dark meat, 175-185°F / 79-85°C is ideal.
- 8 Rest 5-8 minutes before serving. No flipping required.

SODIUM TRAFFIC LIGHT: GREEN

Approx. 90 mg per serving (about 4% DV).
Use plain, unseasoned chicken and spices.

WHY IT WORKS

Aroma + spice + browning + fat + lemon brightness + crisp skin.
Estimated per thigh: 300 calories | 28 g protein | 21 g fat | 2 g carbs.