



Lemon, Oregano Chicken Thighs

Makes 10 portions (2 thighs per portion)

Ingredients:

20 each	Chicken Thighs
To taste	Salt and Pepper
3 cup	Fresh Lemon Juice
2 tbsp.	Lemon Zest
1 ½ cup	Olive Oil
1 oz.	Red Wine Vinegar
2 tbsp.	Garlic – Minced
1 ½ tsp.	Oregano – dry
2 tbsp.	Fresh Parsley – rough chopped

Directions:

Pre heat the oven to 450 degrees

Season the chicken with salt and pepper, place on a sheet pan (with sides)

Place in the oven and roast until cooked through (internal temperature of 165 degrees)

Remove from the oven and cool slightly

In a mixing bowl combine the lemon juice and zest, olive oil, vinegar, garlic and oregano.

Season with salt and pepper and blend well

Pre heat the oven broiler

Pour the lemon oregano mixture over the chicken – coating all sides

Place the chicken directly under the broiler and crisp the skin.

NOTE: You may need to do this in batches to allow the chicken to properly crisp

When all the chicken is completed, pour the remaining lemon oregano mixture in a sauce pot, bring to a boil, add the chopped parsley and season with salt and pepper.

Place the chicken thighs on the serving plate, top with some of the lemon oregano liquid