

Entrée

Cinnamon Chicken



Ingredients

1 ½ CUPS apple juice (or ½
juice and ½ sherry wine)
¼ CUP honey

¼ CUP lemon juice, freshly squeezed
1 TBSP garlic, minced
1 TSP cinnamon
1 TSP kosher salt OR ½ TSP sea kelp

1 TSP fresh ground black pepper
3 LBS chicken pieces (8 pieces total)
2 TBSP canola oil
1 lemon, for garnish, cut into wedges

Directions

- MARINATE CHICKEN:** Combine apple juice, honey, lemon juice, garlic, cinnamon, salt & pepper in a large zip-top container. Add chicken, seal bag, shake to coat well and let marinate in the refrigerator for 8 hrs or overnight
- Preheat oven to 350°
- Remove chicken from the marinade, shake off the excess and set chicken aside on a plate
- Pour marinade into a small saucepan and bring to a boil, reduce heat to medium and boil until it has been reduced to 1 cup and has begun to thicken (about 10-15 minutes)

- Heat oil in a skillet and brown chicken parts over fairly high heat just a few minutes per side, lowering heat if needed to prevent from charring. You want the chicken to be evenly browned, but not fully cooked yet
- Place chicken in a 9" x 13" roasting pan and pour the reduced marinade on top
- Bake 30-55 minutes, or until chicken is fully cooked and no longer pink (cooking time will vary based on the chicken pieces you use)
- Skim fat from the pan juices and serve juices as a dipping sauce if you like
- Garnish with lemon wedges and serve!



A recipe from the kitchen of 

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