



Chicken Adobo

(Prep time 15 mins)
(Cook time 20 mins)
(Yield 6 servings)

6 pieces of chicken drumsticks*
2 Tbsp packed brown sugar
2 Tbsp snipped fresh cilantro
2 Tbsp olive oil
½ cup orange juice
¼ cup apple cider vinegar
2 tsp hot chili powder
1 tsp ground cumin
1 tsp dried oregano
½ tsp salt (optional)
¼ tsp ground cinnamon
3 cloves minced garlic

METHOD

- Place all ingredients in a resealable plastic bag. Seal bag. Turn to coat chicken.
- Marinate in the refrigerator for at least 2 hours, or overnight.
- Place chicken pieces in a pan, bake in the oven at 350°F for 20 minutes until the internal temperature of the chicken reaches 165°F. Longer time may be needed if the desired temperature is not reached.
- While the chicken is cooking, pour the left-over marinade into a pan and cook over medium heat on the stove. Let it simmer for at least 5-6 minutes until the sauce thickens.
- Plate the cooked chicken pieces and pour sauce over them and serve.

*substitute with chicken breast/thigh meat if desired

Nutrient analysis (without salt): Calories 256, Total Fat 16g, Saturated Fat 3g, Total Carb 7g, Sodium 84mg

Cooking
Lite
WITH CHEF RAY NOTTIE

This recipe does not adhere to Kosher guidelines.