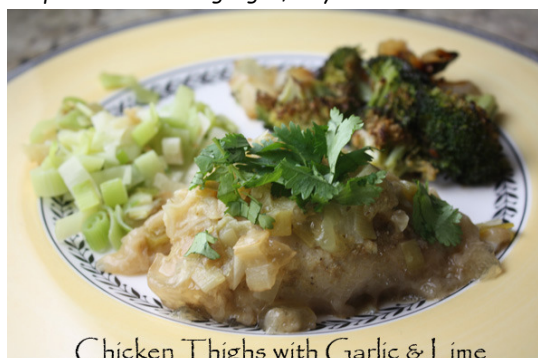


Chicken Thighs with Garlic & Lime

Adapted from *Cooking Light*, May 2001



Chicken Thighs with Garlic & Lime

- 1 tablespoon minced garlic
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons fresh lime juice, divided
- 1 large leek, cleaned, chopped
- 1 tablespoon EVOO
- 4 boneless skinless chicken thighs
- 3 tablespoons low sodium chicken broth
- 1 tablespoon white vinegar
- 2 teaspoons chopped fresh cilantro
- 1/2 teaspoon lime zest
- 2 lime wedges

Per Serving (excluding unknown items): 415 Calories; 23g Fat (48.8% calories from fat); 42g Protein; 13g Carbohydrate; 1g Dietary Fiber; 170mg Cholesterol; 728mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 2

1. Preheat oven to 350°.
2. Combine first 5 ingredients in a small bowl; stir in 1 tablespoon juice. Rub garlic mixture over chicken.
3. Heat EVOO in a medium skillet and add leeks (patted dry with paper towels). Cook until leek mixture is translucent and fully cooked. Do not brown. Place chicken on top of leeks.
4. Combine 1 tablespoon juice, chicken broth, and vinegar; pour over the chicken. Place over medium-high heat; bring to a boil. Remove from heat. Wrap handle of pan with foil. Cover and bake at 350° for 20-25 minutes or until a meat thermometer registers 165°.
5. Remove chicken and leeks from pan; keep warm. Place pan over medium-high heat. Bring to a boil, and cook until reduced to 1/4 cup (about 3 minutes). Spoon over chicken. Zest half the lime and wedge the other half. Sprinkle with cilantro and lime zest, and serve with lime wedges.