Chicken Bamako

Ruth Cormack



4 each skinless boneless chicken breasts

4 each skinless chicken thighs

1/2 cup lemon juice

salt and pepper, to taste

2 tablespoons olive oil

1 teaspoon rosemary

1 teaspoon thyme

1/2 teaspoon bay leaves, powdered

1/2 teaspoon sage

1/2 teaspoon tarragon

2 tablespoons parsley, minced

4 slices bacon

Serving Ideas: Especially good with rice as a side dish

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 6

1. Place the chicken pieces into a plastic bag and add the lemon juice and salt and pepper to taste. Refrigerate a few hours, or at the most overnight. Drain well before continuing.
2. On a large piece of waxed paper combine the dry herbs. If time permits, combine the herbs in a mortar and pestle and grind them together to release their flavors a little. The measurements are estimates - you may need more.
3. Rub the chicken pieces with a little oil, then roll in the herbs and place a half slice of bacon on the top, securing it with a toothpick. Place the chicken pieces in a baking dish in one layer and bake in a 350 oven for 30-35 minutes, or until tender, but not dry.

Per Serving (excluding unknown items): 299 Calories; 10g Fat (32.3% calories from fat); 47g Protein; 2g Carbohydrate; trace Dietary Fiber; 133mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.