

# Roast Chicken with Oranges

To "chicken out" means to be scared. This easy, hearty meal is nothing to be afraid of.

Makes: 4 servings

Prep Time: 20 minutes  
Cook Time: 60 minutes

Source: [chopchopfamily.org](http://chopchopfamily.org), [recipe/ roast chicken with oranges](#)

## Ingredients

- 4 chicken thighs, trimmed of excess fat
- 1 red onion, peeled and sliced (about 2 cups)
- 2 small oranges, peeled, seeded, and sectioned
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lemon, peeled, seeded and cut into quarters

## Directions

1. Turn the oven on and set the heat to 450 degrees.
2. Put the chicken, onion, and oranges on a baking sheet. Be sure nothing overlaps with anything else. Sprinkle the chicken with the salt and pepper.
3. Once the oven temperature has reached 450 degrees, put the baking sheet in the oven and cook until the chicken is browned on top and cooked inside and the onions and fruit have softened and darkened, 45 minutes to 1 hour. Chicken is done when you poke it with a knife and clear liquid runs out. Remove the chicken skin if you like.
4. Move the chicken to a large plate or platter. Squeeze the lemon juice over the fruit and onions and then top the chicken with the roasted fruit mixture.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 chicken thigh

Nutrients	Amount
Calories:	220
Total Fat:	8.2 g
Saturated Fat:	2.2 g
Cholesterol:	89 mg
Sodium:	379 mg
Total Carbohydrates:	9.7 g
Dietary Fiber:	2.2 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	26.6 g

## Utensils Needed

- Cutting board
- Sharp knife
- Large baking sheet with sides
- Measuring spoons
- Serving spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$8.20

Average cost/serving: \$2.05

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Fresh Lemon



Add 1 to Cart  
Chicken Thighs (Frozen or  
fresh, at least four in the  
package)



Add 2 to Cart  
Fresh Navel Orange



Add 1 to Cart  
Fresh Red Onion

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve right away. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Leftover chicken can be used to make a tasty chicken salad, chili or even try it in a homemade alfredo sauce.
- For more recipe inspiration and ideas check out [snapedny.org](http://snapedny.org) where you will find recipes like:
  - Picnic Chicken Salad
  - One Pot Chicken Alfredo
  - Apple Corn Chili (and so much more!)

