



Copyright 2021. The Food Fairy. All rights reserved.

Low Sodium Roasted Lemon and Thyme Chicken

Serves 4

Ingredients:

4 chicken thighs and 4 drumsticks (about 2½ lbs.)
3 TBSP extra-virgin olive oil
5 (3 to 4-inch) sprigs fresh thyme
2 garlic cloves, smashed
¼ tsp sea salt
½ tsp ground black pepper
4 lemon slices, ¼-inch thick

Preparation:

1. Put the oven rack in the upper third of the oven and preheat the oven to 500°.
2. Toss chicken with oil, thyme sprigs, garlic, salt, and pepper in a large bowl, then transfer to a large (17- by 12-inch) shallow heavy baking pan (1 inch deep). Bake for 10 minutes, then add lemon slices to the pan. Continue to bake until chicken is golden and cooked through, 15 to 20 minutes more.
3. Serve chicken with lemon slices.



Food Fairy Note: