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POULTRY Yucatan Chicken

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient -- Preparation Method
12		chicken thighs -- bone in
2		fresh limes
2	tablespoons	frozen orange juice concentrate
2	tablespoons	frozen pineapple juice concentrate
4	teaspoons	dried oregano
2	tablespoons	olive oil
2	teaspoons	ground cumin
1	teaspoon	chili powder
2		garlic cloves -- minced
1/4	teaspoon	salt

Combine all ingredients except chicken and use the bamix to make a smooth mixture. Place in large ziploc bag.

Add the chicken, close the bag and apply the marinade to coat all surfaces of the chicken.

Refrigerate about 24 hours, turning occasionally.

Preheat oven to 350 degrees. Place chicken skin side down and bake 40 minutes. Turn chicken, and turn on the broiler. Broil until the skin is nicely browned.

Yield:

"12 thighs"

Per serving: 454 Calories (kcal); 33g Total Fat; (67% calories from fat); 33g Protein; 4g Carbohydrate; 158mg Cholesterol; 238mg Sodium

Food Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0