

Pan Roasted Chicken

Serves 6

INGREDIENTS

1½ pounds (680 grams) chicken pieces (to develop the most flavor, cook with skin on and remove prior to eating)

1 tablespoon (15 milliliters) olive oil

2 to 3 generous pinches kosher salt, optional

Freshly ground black pepper, to taste

1 lemon, halved lengthwise, one half sliced into wedges for serving

2 tablespoons (30 milliliters) minced, fresh parsley



Pan searing and then roasting is a great way to get chicken nice and brown on the outside and tender and moist on the inside without overcooking. This recipe makes a great main dish, or you can remove the chicken meat from the bones, shred, and add to the bowls, wraps, or salads highlighted throughout the course for a Protein Flip.

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Heat a large sauté pan over medium-high heat. Season chicken with salt and pepper. When pan is hot, swirl the oil around the pan to coat, and then add chicken, skin-side down (or one side down if skinless). Cook until browned, about 2 minutes. Then, turn and brown on the other side for about 2 minutes. If it is sticking, you may need to wait a bit longer before flipping. It will stick before browning and generally release from the pan when browned and ready to flip.
3. Transfer browned chicken pieces to oven-safe pan or baking dish and place in oven. Cook until the internal temperature of the chicken is 165°F (74°C). Use a cooking thermometer to measure the thickest part of the chicken if it is boneless, or right next to the bone in the most central part if bone-in. These locations are the last parts that reach safe temperatures when cooking chicken. Juices should generally run clear. However, it's best to let the poultry rest after cooking for a few minutes for the internal and external temperatures to equilibrate. This will result in juicier chicken.

4. Remove from oven and squeeze the juice of half the lemon over the top and sprinkle with minced parsley.
5. Serve with lemon wedges.

N O T E S

- For maximum flavor in a still relatively lean preparation, brown and cook with skin, but then remove skin when serving to reduce saturated fat, cholesterol, and calories.
- If cooking without the skin, consider bone-in pieces of chicken to help improve flavor and moisture.
- If cooking without the skin, which acts as a barrier to prevent evaporation of moisture during cooking, you may want to consider using a vinaigrette as a marinade. The oil in the vinaigrette can also help with browning and prevent evaporation (which preserves moistness and prevents dry poultry). The acid in the vinegar or citrus juice can also help to tenderize and add flavor. Any seasonings, herbs, or spices in the vinaigrette/marinade can also add flavor.
- For most poultry, fish, and meat there is carryover cooking—cooking that occurs after removing from the oven as the temperatures between the hotter, outer surface equilibrate with the cooler, inner flesh. For this dish, you can remove it from the oven about 5°F or 3°C before it reaches your desired temperature to account for the carryover cooking.

Nutritional Info (per ½ recipe without skin): Calories 160, Total Fat 7 g, Saturated Fat 0.6 g, Cholesterol 106.6 mg, Sodium 188 mg, Total Carbohydrate 1g, Dietary Fiber 0 g, Sugars 0 g, Protein 22.4 g, Vitamin A 0%, Vitamin C 10%, Calcium 1%, Iron 6%

Nutritional Info (per ½ recipe with skin): Calories 274, Total Fat 21.1 g, Saturated Fat 5.4 g, Cholesterol 111 mg, Sodium 172 mg, Total Carbohydrate 1 g, Dietary Fiber 0 g, Sugars 0 g, Protein 18.9 g, Vitamin A 4%, Vitamin C 10%, Calcium 1%, Iron 5%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
