

RECIPE CREDIT: TERRY WRIGHT, HEART TRANSPLANT RECIPIENT, NOVEMBER 19, 2017



EASY CRANBERRY BAKED CHICKEN

This super simple, 3-ingredient recipe bakes up chicken that is sweet and tangy. It's the most tender and juicy flavored, bite after bite. This might just become your new favorite recipe. If you have chicken burnout, try this recipe to revive your palate.

YEILD: 8 servings

INGREDIENTS

8 SKINLESS, BONE IN CHICKEN THIGHS

1 ONION, CHOPPED

16 TBSP CRANBERRY SAUCE (I use Ocean Spray Whole Cranberry Sauce)

NO-STICK COOKING SPRAY (I use Pam Olive Oil no-stick cooking spray)

DIRECTIONS

- 1)** Preheat oven to 375 degrees, F. Line sheet pan with aluminum foil and coat surface of pan with no-stick cooking spray.
- 2)** Remove skin and extra fat from each chicken thigh, patting each thigh dry with paper towel. Arrange chicken pieces on sheet pan.
- 3)** In small bowl, combine onion with cranberry sauce, mix well. Coat the top of each chicken thigh with 2 TBSP of mixture, spreading the mixture evenly over each piece.
- 4)** Bake uncovered 40-45 minutes, or until chicken has an internal temperature of 165 degrees, F.

NUTRITION (approximate per serving)

CALORIES 157, TOTAL FAT 7g, SATURATED FAT 2g, CHOLESTEROL 45mg, SODIUM 59mg, CARBOHYDRATE 10.7g, DIETARY FIBER 0.7g, TOTAL SUGARS 8.8g, PROTEIN 11.2g, VITAMIN D 0.0mcg, CALCIUM 3mg, IRON 1mg, POTASSIUM 24mg