



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

Tribal Sage with Lemon Roasted Chicken

Yield: 6 servings

Prep time: 30 minutes

Total time: 1.5 hours

Ingredients

Chicken Thigh, Bone-in with skin | 6 pieces

Lemon | 2 whole

Fresh Sage | 1 bunch, about 15 leaves

Sage, dried | 1.5 tsp

Salt | 1.5 tsp

Garlic Powder | 1 tsp

Black pepper, ground | 1.5 tsp

Poultry seasoning | 1 tsp

Paprika | 1 tsp

Garlic Cloves | 2 whole

Olive Oil | 3 Tablespoons

Almond Flour | 1 cup

Water | 1 Tablespoons

Directions

Preheat oven to 350°.

Heat a heavy pan on medium heat with two 2 Tbsp of olive oil. Infuse your olive oil with 2 cloves of garlic and 3 sage leaves. (I use a cast iron skillet, which can then go in the oven. You can finish this on the stove if you don't have a pan that goes in the oven or transition chicken to baking dish.)

Make a dredge by mixing almond flour with dry spices in a wide bowl. Save ½ teaspoon of salt and fresh sage leaves for later step.

Clean the chicken thighs by removing any skin that hangs over the edge or is tucked under the thigh. Kitchen scissors work best.

Dredge the chicken in the seasoned flour.

Wash and cut one lemon into thin round slices to place in between skin and meat.

Wash and Tear 1 sage leaf. Place next to lemon slice between skin and meat.

Lay each piece skin side down in your hot pan.

Brown Chicken. It takes about 5-7 minutes on each side. While it is cooking, chop your remaining sage into ribbons. Slice remaining lemon.

Once your chicken is brown on one side, turn and repeat on the underside. (The chicken will not be fully cooked, and must be finished before serving)

Set brown chicken on a plate and set aside.

Add 1 Tbsp of Olive Oil and add 2 Tbsp of water to deglaze the pan (That means using a spoon to scrape up the burnt-on bits. This adds great flavor)

Add sage ribbons and squeeze the juice of 1 lemon into the pan. Add 2 more Tbsp of water.

Return the chicken to the pan and top with the remaining lemon slices and sage.

Cook at 350° oven for 1 hour or until internal chicken temperature reaches 165 degrees F. (If you do not have an oven safe pan, cover, turn burner down to low, and keep at a very low simmer for 1 hr.)

Macronutrient Breakdown

Calories: 370 kcal | Carbohydrates: 4g | Protein: 24g | Fat: 28g | Sodium: 678mg

Tribal Sage with Lemon Roasted Chicken		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	370.2 kcal	19 %
Total Fat	28.3 g	44 %
Saturated Fat	5.2 g	26 %
Trans Fat	0 g	
Cholesterol	110 mg	37 %
Sodium	678.2 mg	28 %
Total Carbohydrate	7.2 g	2 %
Dietary Fiber	3 g	12 %
Sugars	1.4 g	
Protein	24.4 g	49 %
Vitamin A	4 % • Vitamin C	18 %
Calcium	6 % • Iron	13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		