

Chicken with Citrus-Garlic Sauce

Serves 4-6

Ingredients:

8 boneless, skinless chicken thighs

4 Tablespoons minced garlic

1/3 cup chopped flat-leaf parsley

1 Tablespoon orange zest

3 Tablespoons olive oil

pink sat & black pepper

3/4 cup chicken broth

4 ounces fresh orange juice

1/2 cup of Riesling wine

Instructions:

* *Take 1 Tablespoon of the minced garlic and mix it in a small prep bowl with the orange zest and parsley.

* *Add olive oil to a sauté pan over medium heat, then add the chicken thighs. Turn once, until lightly browned, 3-4 minutes per side. Remove from pan to a plate, season with salt & pepper, and set aside.

* *Pour off all but 2 tablespoons of fat from the pan. Add the remainder of the garlic and sauté over high heat until softened. This only takes about 30 seconds. Add the chicken broth, orange juice and resiling; bring to a boil. Deglaze the pan, stirring to loosen up any browned bits from the bottom of the pan. Boil until the liquid begins to reduce.

* *Return the chicken to the pan and lower the heat to medium. Cook until the chicken is done through and the juices run clear (about 10 minutes). Transfer the chicken to a platter.

* *Raise the heat to high and boil the pan sauce until it's reduced to a few ounces. Pour evenly over the chicken, sprinkle the garlic, parsley, zest mixture over the top and serve immediately.