

Citrus-Herb Roasted Chicken with Rosemary and Orange

Succulent bone-in chicken infused with aromatic rosemary and bright orange juice creates a blood sugar-friendly main dish that's both flavorful and satisfying.

Prep: 10 min

Cook: 45 min

Total: 55 min

Servings: 6

GL 0.8 / GI 18

Ingredients

8 oz each skinless, bone-in chicken breast halves

8 oz each skinless, bone-in chicken legs with thighs

garlic cloves, minced

extra-virgin olive oil

fresh rosemary, minced

freshly ground black pepper

fresh orange juice

Instructions

Step 1

Preheat your oven to 450°F (230°C). Prepare a large baking dish by lightly coating it with cooking spray or a thin layer of olive oil to prevent sticking.

Step 2

Pat the chicken pieces completely dry with paper towels. Take the minced garlic and massage it thoroughly into each piece of chicken, ensuring even coverage on all surfaces.

Step 3

Dip your fingertips into the olive oil and gently rub each chicken piece with the oil, creating a light coating. Sprinkle the minced rosemary and black pepper evenly over all the chicken pieces, pressing gently to help the herbs adhere.

Step 4

Arrange the seasoned chicken pieces in a single layer in the prepared baking dish, leaving space between each piece for even heat circulation. Pour the orange juice evenly over and around the chicken.

Step 5

Cover the baking dish tightly with aluminum foil and place in the preheated oven. Roast for 30 minutes, allowing the chicken to cook through while staying moist under the cover.

Step 6

Remove the foil and use tongs to carefully turn each chicken piece over. Return the uncovered dish to the oven and continue roasting for 10-15 minutes until the chicken develops a golden-brown exterior and reaches an internal temperature of 165°F (74°C).

Step 7

During the final roasting phase, baste the chicken once or twice with the pan juices to keep it moist and enhance the citrus-herb flavor. Transfer the finished chicken to serving plates and drizzle with the remaining pan juices before serving immediately.