



## Easy Oven Braised Orange Chicken

### Ingredients

- 3 ½ to 4 pounds chicken (thighs, breasts, and legs)
- Coarse salt
- 1 tablespoon olive oil
- 2 bunches green onion, halved crosswise
- ¾ cup halved, pitted green olives
- 6 strips orange zest, plus ½ cup fresh orange juice (from 1 orange)

### Preparation

Preheat oven to 450 degrees. Heat a large cast-iron skillet over medium-high until hot but not smoking, about 1 minute. Season chicken with salt. Swirl oil in skillet. Working in batches if needed, add chicken, skin side down, and brown on one side, about 5 minutes. Turn chicken, skin side up, and add green onion, olives, and orange zest and juice to skillet. Transfer to oven and cook until chicken is cooked through, 15 to 20 minutes.

**Serves: 4**

**Serving Size: 1/4 Recipe**

### Nutrition Facts (per serving)

Calories	625
Fat (g)	15
Saturated Fat (g)	5
Cholesterol (mg)	263
Sodium (mg)	647
Carbohydrate (g)	10
Fiber (g)	2
Protein (g)	106
Calcium (mg)	88

