

POMEGRANATE & HONEY GLAZED CHICKEN

INGREDIENTS

- 1 Chicken (4 lb) (cut in 1/8ths) (if breasts are large, cut in half)
- 4 T Healthy oil (divided - 2 T for sauce & 2 T for browning the chicken)
- 1 Onion (large) (chopped)
- 3 cloves Garlic (minced)
- 1/2 C Pomegranate molasses
- 1/2 C Pomegranate juice (sweetened)
- 1/2 C Honey
- 2 C Vegetable broth **OR** chicken broth
- 1 t Cumin
- 1/2 t Ginger (powdered)
- 1/8 t Allspice
- 1/2 t Turmeric
- Pepper (to taste)
- 2 T Parsley (for garnish)
- Pomegranate seeds (for garnish)



DIRECTIONS

- 1 Heat 2 T canola oil in a large pan (you'll need a lid for later).
- 2 Sauté chopped onion until soft & translucent
- 3 Add minced garlic & saute for 2-3 minutes (don't brown)
- 4 Add pomegranate molasses, juice, honey, broth & spices, stir & bring to boil
- 5 Reduce to an active simmer & cook uncovered (about 20 minutes) **OR** until sauce is reduced by about 1/2 the volume & slightly thickened
- 6 Taste sauce & adjust seasoning (see note below)
- 7 Remove sauce from heat & pour into bowl & set it aside
- 8 Wash the sauce pan
- 9 Rinse chicken parts, pat dry & season to taste with pepper
- 10 Heat remaining 2 T of oil in the pan & place the chicken parts skin side down
- 11 Brown on 1 side & flip to 2nd side
- 12 Don't crowd chicken in the pan as this makes the chicken steam rather than brown
- 13 Lower heat & pour prepared sauce over the chicken
- 14 Cover the pan & simmer on low for 35 - 40 minutes
- 15 Remove from pan & place on a serving platter & garnish with parsley & pomegranate seeds

NOTES

SAUCE

- 1 If sauce is too tart, add 1/2 T honey
- 2 If you want the sauce spicier, add more black pepper

SALT

- 1 Chicken is kashered utilizing salt
- 2 So you probably don't need to add any salt