

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Green Chicken

From NomNom Paleo by Michelle Tam and Henry Fong

6 servings

1 medium sweet onion, coarsely chopped (about 1 cup)
1 ¼ cups packed fresh basil
1 cup packed fresh cilantro (leaves and stems)
¼ cup packed fresh mint
3 garlic cloves, peeled
¼ cup fish sauce (Red Boat fish sauce is Paleo-friendly. You can buy it on Amazon.)
2 Tbsp apple juice
1 tsp Aleppo pepper or red pepper flakes
½ tsp freshly ground black pepper
Finely grated zest from 1 medium lime
3 pounds skin-on chicken drumsticks or thighs
2 limes, cut into wedges

1. In a blender, puree the onion, basil, cilantro, mint, garlic, fish sauce, apple juice, Aleppo pepper, black pepper, and lime zest. The mixture should be thick and smooth, with no chunks. Taste and adjust for seasoning.
2. Place the chicken in a gallon-size zip-top bag. Pour in the marinade and squeeze out the air in the bag before sealing. Marinate the chicken in the refrigerator for at least 1 hour and up to a day.
3. Take the chicken out of the fridge at least 30 minutes before cooking so it can come up to room temperature. Remove the chicken from the bag.
4. If oven-roasting: Preheat the oven to 400°F with the rack in the middle position. Then, place a wire rack atop a foil-lined rimmed baking tray. Arrange the chicken in a single layer on the rack, and roast for 35-40 minutes, flipping the chicken at the midpoint.
5. If grilling: Arrange the marinated chicken on a medium-hot grill and cook for about 25 minutes, turning every 5 to 7 minutes.
6. The chicken's ready when the internal temperature reaches 170°F or when the juices run clear. Serve with lime wedges.