

Roasted Chicken Marinated with Date Molasses

The combination of the sweet date molasses (sometimes labeled “syrup”), orange, ginger and olive oil brings the Middle Eastern flavors to this chicken marinate. The addition of soy sauce (Tamari) brings saltiness into the mix. The chicken comes out nicely brown, crisp and full of flavor. Garnished with toasted pine nuts and fresh parsley it makes a great presentation for the your holiday meal.

Yield: 10-12 servings

Ingredients:

- 12-14 skinless, organic chicken pieces (choose legs, thighs, or large pieces of chicken breast)

For the marinate:

- 1/4 cup extra virgin olive oil
- 6 garlic cloves, minced
- 1 tablespoon ginger, grated
- 4 tablespoons soy sauce (preferably gluten-free like Tamari sauce or Coconut Aminos)
- 3/4 cup organic date molasses/syrup (see this link)
- 1 tablespoon date sugar (or brown sugar)
- 2 tablespoons orange juice
- 1 teaspoon orange peel, grated
- 1 tablespoon sweet paprika
- 2 tablespoons organic Dijon mustard
- 1 teaspoon sea salt
- 1 teaspoon fresh black pepper

For garnish: (optional)

- 1 cup toasted pine nuts or walnuts or slices almonds
- 1/2 cup fresh parsley leaves, chopped.

Directions:

1. In a large bowl, mix together all the marinate ingredients, add the chicken and toss to coat well. Refrigerate for minimum of 2 hours.
2. Heat up to oven for 375 degrees Fahrenheit. Place the marinated chicken in an oven proof baking dish and bake for about one hour, tossing occasionally to brown on all sides.
3. Plate the chicken and garnish with toasted pine nuts and parsley. You can also serve over cooked quinoa, brown rice or wild rice.