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Margarita-Braised Chicken Thighs



The test kitchen raved over this juicy, fruity dish inspired by the popular cocktail.

★★★★☆ *Worthy of a special occasion*

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Yield: 4 servings (serving size: 2 thighs and about 1/3 cup fruit mixture)

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Nutritional Information

Amount per serving

Calories: 350

Calories from fat: 25%

Fat: 9.9g

Saturated fat: 2.2g

Monounsaturated fat: 4.3g

Polyunsaturated fat: 2.1g

Protein: 25.1g

Carbohydrate: 37.9g

Fiber: 2.7g

Cholesterol: 94mg

Iron: 2.7mg

Sodium: 416mg

Calcium: 55mg

[Nutrition Guidelines for Healthy Living](#)

Ingredients

- 1/2 cup flour (about 2 1/4 ounces)
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 8 skinless, boneless chicken thighs (about 1 1/2 pounds)
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- Cooking spray
- 1 cup thinly sliced onion (about 1 medium)
- 5 garlic cloves, minced
- 1/2 cup dried tropical fruit
- 1/2 cup orange juice
- 1/4 cup tequila
- 1 lime, thinly sliced

Preparation

Preheat oven to 400°.

Combine first 3 ingredients in a small baking dish. Sprinkle chicken with salt; dredge chicken in flour mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 4 minutes on each side or until lightly browned. Transfer chicken to an 11 x 7-inch baking dish coated with cooking spray. Add onion to skillet; cook 3 minutes. Add garlic to pan, and sauté 1 minute.

Combine fruit, juice, and tequila in a microwave-safe dish, and microwave at high 2 minutes. Pour fruit mixture into pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute. Pour onion mixture over chicken; top with lime slices. Bake at 400° for 20 minutes or until chicken is done.

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Chicken Thighs with Cherry Sauce

Julianna Grimes Botcher, *Cooking Light*
OCTOBER 2005

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rmhowell

Easy and excellect! Served with black beans and rice. Yum!

★★★★★ *Worthy of a special occasion* 05/10/11

drbrat

This was easy, different than the usual and the whole family loved it. I would make it for company.

★★★★★ *Outstanding* 12/09/10

Theweez68

This recipe has great flavor but needed a couple improvements. Why, why would you flour meat that you are going to braise? The crust turned horribly soggy. The next time I made it, I just browned the chicken thighs straight in the pan sprinkled with the spices that would have gone in the flour - MUCH BETTER. The sauce is very tasty and I really like the dried tropical fruit. Instead of just lime slices I added some lime zest and lime juice to the pan sauce. I mean, you can't have tequila without lime juice. I think it added more flavor than just the slices. After the improvements, this recipe is a hit and a keeper! I served with lemon rice and steamed asparagus - delish!

★★★★★ *Worthy of a special occasion* 11/24/10

KLaverett08

This dish was great, I used Hungarian paprika to give it a little kick.

★★★★★ *Outstanding* 11/06/10

silvergypsy



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Great taste and easy to put together,will serve again.Side dishes twice baked potato,Broccli and cauliflower.

★★★★★ **Outstanding** 11/04/10

LauraLeigh8

This was a really different dish that I will definitely make again. I couldn't find dried tropical fruit so used a combination of dried mango with dried cherry flavored cranberries. I also made this dish for 2 instead of 4, but only cut the number of chicken thighs in half so there would be plenty of sauce. It was delicious and I didn't notice any bitter taste as others have mentioned. I actually found the fruit gave it a sweet flavor. The green rice was the perfect side for a very unique dinner.

★★★★★👤 **Worthy of a special occasion** 01/08/10

Heidelind1

I really liked the flavor of this recipe. I usually use chicken breast but was glad that I used thighs instead, I think that was key. I also noticed a bitter taste but not until the next day when I had the leftovers for lunch. I'm pretty sure it was from the limes as well. Next time I won't leave them on the chicken once the chicken is done cooking.

★★★★★👤 **Worthy of a special occasion** 11/07/09

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COURSE: Main Dishes | CONVENIENCE: Entertaining, Kid-Friendly, Make-Ahead, Portable/Picnic | CUISINE: Mexican

MAIN INGREDIENT: Poultry | COOKING METHOD: Bake

OCCASION: Autumn, Cinco de Mayo, Father's Day, July 4th, Labor Day, Memorial Day, Spring, Summer | PUBLICATION: Cooking Light

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