

Miso Meyer Lemon Chicken Thighs

Serves 2

The savory umami of the miso paste penetrates into the chicken, yet is lightened by the lemon. The dish benefits from marinating a longer time, but it's still good just whipped up on the spot. Serve this with brown or white rice and a side of sauteed winter greens.

- 1 **Juice and zest of 1 large Meyer lemon (about $\frac{1}{4}$ cup juice)**
- 1 **heaping tablespoon miso paste (preferably white miso)**
- 1 **teaspoon honey or agave nectar**
- 4 **boneless skinless chicken thighs**
- Olive oil as needed**
- Kosher salt and fresh black pepper to taste**
- 1/2 cup panko (see Note)**

Instructions: Preheat oven to 400°. In a medium-size mixing bowl, whisk together the lemon juice, miso, and honey. Add the chicken, coat all sides. If possible, marinate for a few hours (or longer) in the refrigerator.

Heat a large cast iron or heavy oven-proof skillet over high heat; add oil to generously coat the bottom. Remove chicken from the marinade and drain well. Dust with salt and

bone-side) down. Cook until crisp and medium brown, about 2 minutes. Turn chicken over, then place the pan in the oven. Roast for about 15 to 20 minutes, or until the coating is very dark brown (almost, but not quite, black). Flip the chicken over, top with the reserved zest, and serve hot.

Note: Panko are Japanese-style breadcrumbs, but you can also make your own bread-crumbs. Pulse a slice of stale bread in an electric coffee grinder; optionally season with salt and pepper.

Per serving: 276 calories, 28 g protein, 12 g carbohydrate, 11 g fat (3 g saturated), 99 mg cholesterol, 263 mg sodium, 1 g fiber.



Wine pairing: The crust deepens the flavor of the chicken and the miso contributes a savory umami taste so you don't have to match the subtlety of the wine with