



*“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”*

## Amalia’s Chicken with Preserved Lemons

### Ingredients:

- 4 chicken breasts cut into slices
- ¼ cup Olive oil plus 1 tablespoon to oil the skillet
- 1 cup Preserved Lemons rind (more or less as desired)

Suggested Spices: ¼ teaspoon ground pepper, 1 teaspoon ground cumin, 1 teaspoon turmeric, 1 teaspoon dried oregano, 1 teaspoon thyme, 1 teaspoon garlic powder, and 1 teaspoon paprika. Add salt sparingly, if at all, due to the salty preserved lemons in the recipes.

Mix in a bowl all spices and then sample for taste, adjust as necessary. Salt can be added if needed after the mixture is cooked with the salty preserved lemons.

### Directions:

1. Cut chicken breast into thin slices— ½ inch thick.
2. Place chicken slices in bowl or zip lock bag.
3. Add olive oil to coat chicken
4. Add spices and squeeze until chicken pieces are well coated with the spice mixture.
5. Place bag with chicken, oil and spices on a clean plate in the refrigerator. Marinate the chicken mixture overnight in refrigerator.
6. When you are ready to cook the chicken, cut the Preserved Lemons into julienned strips. Then rinse the pieces to reduce the saltiness.
7. Add a little oil into a skillet or electric skillet to coat the pan. Add the marinated chicken to the skillet and the preserved lemon rind strips. The lemon will impart a lemony flavor. Cook until chicken is cooked through (165 degrees F). The time it takes will depend upon the thickness of the chicken pieces.
8. Serve cooked chicken and preserved lemon over rice, orzo, polenta or pilaf.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf> ) Inquiries regarding ANR’s nondiscrimination policies may be directed to Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.