

HERBAL LEMON CHICKEN

INGREDIENTS:

- 2 chicken Maryland** (leg & thigh); **or 2 chicken breasts**
- 1 cup of pure revitalized or spring water**
- ½ cup of organic white wine** (optional)
- 1 Tbs of dried or fresh mixed herbs** (oregano, marjoram, thyme, sage)
- 2 fresh lemons, juiced**
- 1 red onion**
- 1 Tbsp unsalted butter**
- 6 shakes of garlic powder**
- 2 pinches of light grey Celtic seasalt**

DIRECTIONS:

Wash the chicken pieces well, cut the leg from the thigh, and place them on a rack in a glass cooker or broil in the oven. Fill the bottom of the glass cooker, or oven pan with the water, which will become the sauce. Cook/broil at 350° or 225c for 20 minutes until the skin is crisp and golden.

Turn the chicken over and pour the wine over the chicken pieces. Sprinkle the mixed herbs and garlic powder on the back side of the chicken pieces.

Peel and slice the red onion into the juice at the bottom of the pan.

Cook for another 20 minutes, until the chicken is done.

Add the butter.

Spoon some of the juice on to the chicken pieces. Salt to taste.

Pour the remaining juice into a small bowl to be used as a sauce when served.

ENJOY this delicious chicken dish with Brown, Long-Grain Basmati Rice, Sweet Potato Mash or Kipfler Potatoes and the Garden Salad.

Serves 2 Use **organic**, pasture-raised chicken

Suitable for O and A blood types

For B & AB blood type use pheasant instead of chicken

The **chicken** belongs to the *Aves* bird class of animals and sub species of *Gallus gallus domesticus*. The domestication of fowl dates back to 2,000 BC. Chicken is high in protein and contains all the B vitamins. It is particularly rich in B3, B6, B12, choline, and pantothenic acid. It is also a good source of selenium, zinc, copper, and omega 3 fatty acids (EPA & DHA).

Chickens raised for meat are referred to as broilers, fryers, or roasters. Broilers and fryers are bred for rapid growth (5 weeks) and include Cornish, White Rock, Hubbard, Barred, Cornish Cross, and Cornish Rock. Roasters are fed for a longer period of time (12-20 weeks). When not raised for food, chickens live for 5-10 years or longer.

The world's largest producer of broilers is the USA, where commercial production surpassed 35 billion pounds in 2010. Approximately 20% of broilers are contaminated with

1 *Salmonella*. Thus, proper handling is as important as is animal welfare. Do not let raw chicken contact other foods. Be sure to wash the cutting board, utensils, and hands well after handling raw chicken. Chicken wrapped well and stored in the coldest section of the fridge will keep for 2-3 days. Frozen chicken wrapped well and tightly can keep for about one year. Defrost frozen chicken in the fridge, in a dish.

AVOID smelly chicken and commercial chicken raised in factory farms with antibiotics because they contribute to the consumer becoming antibiotic resistant. It is also best to AVOID yellow-skinned (corn fed) chicken because most corn contains GMOs. Cage-free, pastured, and free-range standards for chickens being outdoors have been significantly lowered. Thus, find a good, reliable butcher to buy **organic, pasture-raised**, chickens. Select chicken that is solid, plump, opaque, and free of spots. When buying frozen, select chicken that is free of freezer burn, ice deposits, or frozen liquid in the package. According to researchers at the Univ. of Perugia, Italy, pasture raising of chickens goes beyond organic and increases total antioxidant nutrients. This included plenty of time allowed for pecking, foraging, moving around outdoors, and sunshine. While chickens enjoy grasses, they are omnivores that eat non-plant foods including grubs, worms, insects, and seeds. When a chicken is properly raised, cooking with its skin enhances the flavor, retains the moisture, and provides fiber. Thus, do not remove it.

Native to Asia, the **lemon** is one of Nature's super foods. It entered Europe through southern Italy during the first century AD and was introduced to Persia and then Iraq and Egypt around 700 AD. It was distributed throughout the Arab world and Mediterranean regions between 1000 AD and 1150. It was first cultivated in Genoa, Italy in the middle of the 15th century and introduced to the Americas in 1493 by Christopher Columbus.

The Meyer, with its thin skin, is less acidic than the Lisbon and Eureka lemons.

A fresh lemon is the only food that is anionic, which means it is a negative ion that corresponds to alkaline. After 30 minutes of exposure to air ((oxygen) it becomes cationic, which corresponds to acid. It can stimulate brain activity and is high in flavanoids, which contain cancer fighting antioxidants.

The lemon is a rich source of vitamins C & B, phytochemicals, bioflavanoids, pectin and other dietary fiber. It also contains copper, calcium, magnesium, iron, and limonene, which helps to promote immunity. The lemon, which is 5-6% citric acid, has been used therapeutically since ancient times in the following ways:

- In the treatment of cholera, malaria, insect bites, bee/wasp stings, mouth sores, and food poisoning because of its strong antibacterial, antiviral, and immune-boosting substances.
- To purify the blood, freshen the breath, and treat a fever, cold, flu, sore throat, tooth ache, sunburn and other burns, an asthma attack, and respiratory/breathing problems.
- To alleviate indigestion, acidity, heart burn, constipation, and cleanse the liver, which in turn improves the skin.
- In skin care it is used in to treat acne, eczema, psoriasis, sunburn, blackheads, and pimples. Lemon juice also helps to cleanse the skin, fade age marks and scars, and reduce wrinkles.
- To dissolve skin lumps, corns, and calluses.
- To reduce weight and lower high blood pressure and cholesterol.
- To treat rheumatism, arthritis, and polyarthritis and reduce uric acid because of its anti-inflammatory properties.
- To eliminate kidney stones and prevents the formation of crystals with its urinary citrate that it forms.
- To rid the body of gall stones when combined with extra virgin olive oil.

- In hair care it is used to treat dandruff and other scalp conditions. Lemon juice also provides a natural shine to hair.

In culinary use its juice, rind, and zest are used in a wide variety of foods, sauces, and drinks. In Polynesia, it is widely used to marinate and 'cook' fish. Its acid neutralizes amines in fish by converting them to nonvolatile ammonium salts. It is also used as a short-term preservative for certain foods that tend to oxidize or turn brown. .

Lemon juice is good in teas, drinks, dressings, poultices, and as an astringent on the skin. Lemon balm has a calming effect, which helps to alleviate anxiety, nervousness and tension. Lemon juice is also used as a cleaning agent to brighten copper, lift grease, and remove stains; especially on clothing.

Lemon oil is used as a room freshener and increases alertness.

The lemon is a common ingredient in Indian Traditional medicines (Siddha and Ayurveda) China, India, and Mexico are the worlds largest producers.

Select lemons that are tree-ripened, thin-skinned and round. Store in a cool dry place.

When ripe, refrigerate them to avoid formation of mold. Once cut, cover to prevent vitamin loss and store in the fridge.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions, come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the Allium family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

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