

The pomelo, the largest member of the citrus family, tastes like a sweeter, milder version of grapefruit.



Overnight Delight

This simple dish looks, smells, and tastes delicious, but requires a little planning because the flavor is best when the chicken marinates overnight.

Citrus-Roasted Rosemary Chicken Thighs

Makes 6 servings

Ingredients

- 2 tbsp olive oil
- 2–4 garlic cloves, minced
- 1 tbsp honey
- ½ cup fresh orange juice
- ½ cup fresh lemon juice
- 1 tsp paprika
- ½ tsp red pepper flakes (optional)
- ¼ tsp sea salt
- freshly ground pepper to taste

- 12 skinless chicken thighs
- 1 lemon, sliced
- 1 orange, sliced
- 1 large onion, thinly sliced
- 3 tbsp fresh rosemary, divided

Directions

1. In a small bowl, whisk together olive oil, garlic, honey, juices, paprika, red pepper flakes, salt, and pepper. Place chicken thighs in a large zip-top bag and pour

in juice mixture. Seal and place bag in the refrigerator overnight or for at least three hours.

2. Preheat oven to 400°F. Remove chicken from marinade and place in a 13-by-9 glass baking dish sprayed with cooking spray. Pour remaining marinade into the bottom of the dish. Arrange slices of lemon, orange, and onion on and around the chicken. Sprinkle 1 tbsp rosemary on top.

3. Bake uncovered 50–60 minutes, or until the chicken is golden brown and an instant-read thermometer registers 165°F. Garnish with remaining rosemary and serve.

Per serving

257 calories, 28 g protein, 14 g carbohydrate, 10 g fat (2 g saturated fat), 115 mg cholesterol, 2 g fiber, 8 g sugar, 249 mg sodium. Calories from fat: 35%



BREAKFAST 411

James Beard award-winning chef Ming Tsai knows the value of a good breakfast for kids. The host of TV's *Simply Ming* is the father of two boys, David, 15, and Henry, 13, and president of the National Advisory Board of Family Reach, a nonprofit that provides a financial lifeline for families of children with cancer. His advice? Start the day with a meal that's low in sugar and high in protein, and that has some sort of fruit or vegetable.

For breakfast, his family leans toward savory, including his sons' favorite: fried rice. Using leftover rice he stores in the fridge or freezer, Tsai cooks it up with ginger,

scallions, garlic, and eggs—and sometimes ground turkey or organic sliced sandwich meat. He'll also top ramen with an egg for another savory breakfast dish.

In the winter, he'll often make his sons oatmeal. Instead of using ready-made packets (which can have lots of added sugar), Tsai cooks the oatmeal with diced banana and rice milk. "My kids love tasty, bold-flavored breakfasts. For me, it's about starting with wholesome ingredients, adding some high-impact (low calorie, all natural) flavor boosters, and keeping it simple."

—**Kerri-Ann Jennings**