

Lindsay's Spicy Honey Brushed Chicken Thighs

Adapted from: Cooking Light

Yield: 4 servings (serving size: 2 chicken thighs)

Ingredients:

- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp ground red pepper

- 8 skinless, boneless chicken thighs
- Olive oil
- 6 tbsp honey
- 2 tsp cider vinegar



Directions:

1. Preheat broiler.
2. Combine first 6 ingredients in a large bowl. Add chicken to bowl; toss to coat. Place chicken on a broiler pan coated with cooking spray. Broil chicken 5 minutes on each side.
3. Combine honey and vinegar in a small bowl, stirring well. Remove chicken from oven; brush 1/4 cup honey mixture on chicken. Broil 1 minute. Remove chicken from oven and turn over. Brush chicken with remaining honey mixture. Broil 1 additional minute or until chicken is done.



Real Moms
— and —
REAL CHEFS