

spicy honey-brushed chicken thighs

Serves 4

RECIPE ADAPTED FROM: [My Recipes](#)

PREP TIME: 5 minutes

COOK TIME: 15 minutes

-
- 2 tsp garlic powder
 - 2 tsp chili powder
 - 1 tsp salt
 - 1 tsp ground cumin
 - 1 tsp paprika
 - ½ tsp ground red pepper
 - 8 boneless, skinless chicken thighs
 - 3 Tbsp honey
 - 1 tsp apple cider vinegar
-

NOTES

To make this meal even quicker:

- Have the spice mixture already put together, then sprinkle/rub the spice mixture over both sides of the chicken thighs on the sheet pan.

To have a full meal on the table in about 15 minutes:

- Use pre-washed greens or a salad kit (toss the dressing packet), drizzle with olive oil and your favorite vinegar and top with chicken.
- On this night, I happened to have some fresh corn from the farmers market, so I placed it in the microwave (with the shuck still on) for about 4 minutes. All this was done while the chicken was cooking.

PREHEAT broiler and combine all the spices in a large bowl.

ADD chicken to bowl; toss to coat.

PLACE chicken on a sheet pan covered with parchment paper.

BROIL chicken 5 minutes on each side.

WHILE chicken is broiling combine honey and vinegar in a small bowl, stirring well.

REMOVE chicken from oven; brush ½ the 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.

