

Citrus-Glazed Chicken Thighs

Ingredients

1 c Orange Juice
2 T Soy Sauce
2 T Honey
2 t Garlic (minced)
2 t Ground Ginger
1/2 t Lime Zest
1/2 t Red Pepper Powder
12 Chicken Thighs (boneless,
skinless)
1 T Flour
1/2 t Salt

Instructions

1. Place first 7 ingredients in a large zip-top plastic bag. Add chicken; seal bag, and marinate in refrigerator 1 hour, turning occasionally. Remove chicken, reserving marinade.
2. Preheat broiler.
3. Place chicken on a foil-lined jelly-roll pan coated with cooking spray; broil 8 minutes on each side or until done.
4. While chicken cooks, place reserved marinade, flour, and salt in a small saucepan, stirring with a whisk until blended. Bring to a boil over medium-high heat. Reduce heat, and cook for 1 minute or until thickened. Serve sauce with chicken.