



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 8-10 boneless, skinless chicken thighs
- 1 large yellow onion, sliced
- 1 chipotle pepper in adobo sauce, chopped
- 2T maple syrup or honey
- 1T salt
- 3 minced or chopped garlic cloves
- Olive oil

Sweet & Spicy Thighs

Preparation

1. Place the sliced onion, thighs, garlic and chopped pepper onto a baking sheet. Drizzle with olive oil, syrup and salt. Using your hands, mix together.
2. Layer the thighs on top of the onions.
3. Broil on high 8 minutes. Remove and turn over the chicken. Broil another 5-8 minutes.
4. Chop chicken (or use kitchen shears) into bite sized pieces. Salt again and lightly drizzle honey over the top.
5. Serve alone or with rice, greens or in a wrap.

Tips

This main dish is excellent reheated and can easily serve as a stand alone main dish.

If you like more spice, increase the chipotle pepper to 2.

Recipe modified from TheEastCoast Kitchen.com