



Herb Marinated Baked Chicken

INGREDIENTS

FOR THE CHICKEN THIGHS

6 to 8 (bone-in, skinless chicken thighs
salt and fresh ground pepper, to taste
½ teaspoon smoked or sweet paprika
½ teaspoon dried thyme
½ teaspoon dried basil
½ teaspoon dried rosemary
sliced green onions, for garnish (optional)

FOR THE MARINADE

¼ cup soy sauce
3 TBS maple syrup
1 TBS Worcestershire sauce
2 TBS olive oil
1 TBS apple cider vinegar
4 cloves garlic, minced

DIRECTIONS

Season chicken with salt and pepper. Combine paprika, thyme, basil, and rosemary and rub seasonings around each chicken thigh. Transfer chicken to a 9x13 baking dish. Set aside. Combine soy sauce, maple syrup, Worcestershire sauce, olive oil, vinegar, and garlic; mix thoroughly. Pour marinade over chicken, cover and set in the fridge for 1 hour, or up to 8 hours. Preheat oven to 425F. Remove chicken from fridge and let stand while oven preheats. Remove the cover and bake chicken (halfway through cooking, baste the chicken with the liquid) for 35 minutes, until temperature reaches 165F. Turn to broil and cook for 3 to 4 more minutes, until golden brown on top. Remove from oven and let stand 5 minutes. Serve chicken with the pan sauce and garnish with green onions. Makes approximately 6-8 servings; 160 calories each.