



Baked Honey Chicken

MyPlate2Yours - Lynn Dugan

Serving Size: 4 double servings

Ingredients

2 pounds boneless skinless chicken thighs
1/3 cup honey
1/4 cup soy sauce
1 teaspoon ground ginger
2 cloves garlic, minced
1/4 cup sliced scallions

Directions

Spray a 9x13 baking pan with non-stick cooking spray. Arrange the chicken thighs in a single layer. Mix remaining ingredients in a bowl and pour over chicken. Cover dish with foil and marinate in the refrigerator for 1-4 hours. Turn chicken once midway through marinating time.

When ready to cook, preheat oven to 425 degrees. Place chicken, covered, in oven for 20 minutes. Remove chicken from oven, uncover and turn chicken pieces over, and bake for another 15 minutes, until internal temperature is 165 degrees.

Remove half of the chicken to a covered storage dish. Refrigerate and save for *Key West Chicken Salad Lettuce Wraps*.

Use remaining chicken and sauce for the *Honey Chicken Rice Bowls with Steamed Broccoli*.