

Honey Garlic Chicken Thighs (Paleo)

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One night in Hershey, PA and my Sugar Demons have officially been released 🍯 Any meal that can satisfy my sweet tooth is a meal for me and these Honey Garlic Chicken Thighs did exactly that! If you're looking to sweeten up your standard weeknight dinner, everything came together from start to finish in less than 1 hour and stores amazingly for meal preps!

This dish is also great for anybody counting their macronutrients as its packed with protein, low in fat, and loaded with flavor! Pair it with a side of Veggies & Potatoes to get some carbs in and you've got yourself a fully balanced meal filled with flavor!

INGREDIENTS:

- 5-6 Lbs Chicken Thighs, boneless & skinless
- 12 Cloves Garlic, minced
- 2/3 Cup Honey
- 1/2 Cup Bone Broth
- 1/4 Cup Apple Cider Vinegar
- 1/4 Cup Coconut Aminos
- 1 Tbsp Garlic Powder
- Salt & Pepper to taste

INSTRUCTIONS:

1. Preheat oven to 400F and lightly spray 2 large baking dishes with nonstick cooking spray.
2. Place Chicken Thighs in baking dish and sprinkle with Garlic Powder, Salt, & Pepper. Bake for 25 minutes.
3. While Chicken Thighs are cooking, combine the rest of your ingredients in a medium saucepan. Bring to a boil, then slightly reduce heat and simmer for 10-15 minutes. The sauce will be ready once it turns into a thickened glaze.
4. Remove Chicken Thighs from oven and coat both sides in Honey Garlic sauce using a basting brush. Return to the oven for 5 more minutes.
5. Once Chicken is cooked, remove from oven and glaze with any remaining sauce. Serve with a side of Peas, Carrots and Potatoes. Enjoy!

MAKES 8 SERVINGS !

