

Asian Glazed Chicken Thighs

Servings: 2 chicken thighs

Ingredients

- 1/3 cup rice vinegar
- 1/4 cup lower-sodium soy sauce (Briggs coconut amino acid)
- 3 tablespoons honey
- 2 tablespoons dark sesame oil
- 1 1/2 tablespoons chile paste (such sambal oelek)
- 10 garlic cloves, minced
- 12 bone-in chicken thighs, skinned
- Cooking spray
- 1/2 teaspoon salt



Instructions

1. Combine vinegar, soy sauce (coconut amino acid), honey, sesame oil, chile paste, and garlic, stirring until honey dissolves. Pour vinegar mixture into a zip-top plastic bag. Add chicken to bag; seal.
2. Marinate in refrigerator 1 hour, turning occasionally. Remove chicken from bag, reserving marinade.
3. Preheat oven to 425°.
4. Place reserved marinade in a small saucepan over medium-high heat; bring to a boil. Cook for 2 minutes or until syrupy, stirring occasionally. Place chicken on a rack coated with cooking spray, and place rack in a roasting pan. Baste chicken with reserved marinade; sprinkle evenly with salt.
5. Bake at 425° for 10 minutes; baste. Bake an additional 10 minutes; baste. Discard remaining marinade. Bake an additional 10 minutes or until done. Let stand 5 minutes before serving.