



LEMON GARLIC CHICKEN THIGHS



Ingredients



Adapted from *Damn Delicious*

Marinate:	• 1 garlic clove minced	to taste
• 1/4 cup chicken stock	• 1 tsp. Dijon mustard	Chicken:
• 1 Tbsp. Olive oil	• 1/2 tsp. dried oregano	• 4 boneless, skinless chicken thighs
• 1 Tbsp. Lemon juice	• 1/2 tsp. dried thyme	• 1 Tbsp canola oil
• 1/2 Tbsp. Lemon Zest	• Kosher salt & pepper	



Directions



Yield: 2 servings

Serving size: 2 pieces

Total cost:

Serving cost:

1. In a medium bowl whisk together the marinade.
2. In a gallon Ziplock bag, combine chicken and marinade and let it marinate for 1-2 hours and you could also let it marinate overnight. Drain and set the sauce to the side.
3. Heat the oil in a pan (spray first) over medium heat. Add chicken and cook until golden brown and reaching an internal temperature of 165. F., about 4-5 minutes on each side.
4. Return the marinade to the pan and boil for 5 minutes. It will reduce and can be used as a sauce.

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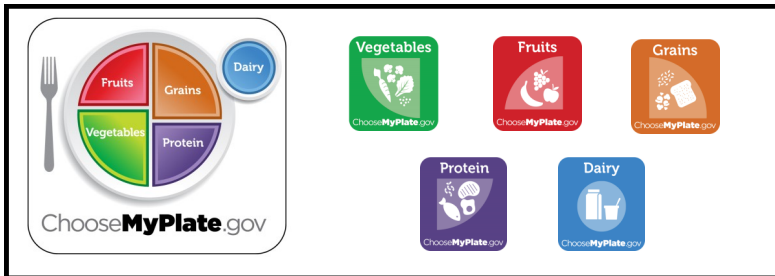
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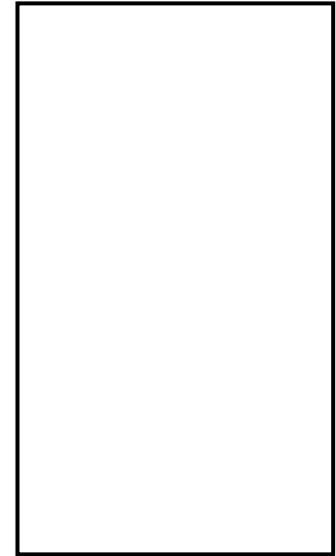
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