

Marinated Chicken Thighs

Ingredients:

12 skinless chicken thighs
¾ cup salsa (mild, medium, or hot)
1/3 cup honey
¼ cup soy sauce
¼ cup orange juice
2 Tbsp Dijon mustard
2 tsp olive oil
1 ½ Tbsp grated ginger root
1 Tbsp cornstarch

Steps:

Arrange chicken thighs in a single layer in a 13X9 inch baking dish. In a medium bowl mix together salsa, honey, soy sauce, mustard, orange juice, olive oil and ginger root. Pour over chicken thighs. Turn thighs to coat both sides with marinade. Cover and refrigerate for at least 4 hours or overnight.

Bake chicken and sauce, covered in a 400°F oven for 40 minutes. Transfer thighs to platter and keep warm. Carefully pour sauce into a small saucepan. Bring to boil over medium heat. Mix cornstarch with 2 tablespoons of water until smooth. Add to sauce and stir until mixture thickens, about 1 minute. Pour thickened sauce over chicken and serve immediately. Makes 4 to 6 servings.

featured in the 'Our Favourite Recipes: Mamawetan Churchill River Health Region Cookbook'

