

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Spicy Honey Chicken

From ([www.ourbestbites.com](http://www.ourbestbites.com))

8 boneless skinless chicken thighs, about 2lbs (You can use boneless skinless chicken breast if you want.) 21 vegetable oil

### Rub:

2t granulated garlic

2t chili powder

½ t onion powder

½ t coriander

1 t kosher salt

1 t cumin

½ t chipotle chili powder (add more if you like it spicier, or less if you don't want so much spice)

### Glaze:

1/2 C Honey

1 T Cider Vinegar

Combine the rub spices in bowl and mix well.

1. Use kitchen shears (or a pair of clean scissors) to trim off any excess fat from the chicken pieces. Pat dry. Drizzle oil over chicken and rub in with your hands to lightly coat all the pieces. Then toss chicken with the spice rub to coat all sides well. Use your hands and get in there! Grill chicken for 3-5 minutes on each side, until cooked through-
2. While chicken is cooking, warm honey so it's not so thick. Add the vinegar and combine well. Reserve 2Thoney glaze for later. Take the rest and brush on chicken (both sides) in the final moments of grilling. (I'm going to warn you that this can make a hot mess, literally. It's Sugar, and it's going to drip. But the Smelly smoke is worth it for a minute or two. Just leave your grill on for a few minutes after the chicken is done to burn off any excess glaze. It's totally worth it once you taste this stuff.)
3. Drizzle reserved glaze over the top of the chicken before serving.