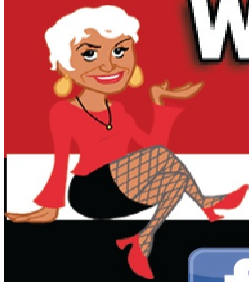


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CHICKEN THIGHS WITH THYME & LEMON

Intermediate Lifestyle

Ingredients

½ TSP grated lemon rind
1-1/2 cups fresh lemon juice (about 6 lemons)
1/4 cup chopped fresh or 1 TBS dried thyme
1 TBS olive oil
2-1/2 TBS honey
16 skinless, boneless chicken thighs (about 3 lbs.)
½ TSP Morton's Lite salt
1/4 TSP black pepper
cooking spray

Instructions

1. Place first 5 ingredients in a large zip-top plastic bag. Add chicken; seal bag. Chill 2 hours, turning occasionally.
2. Prepare grill or broiler.
3. Remove chicken from bag. Discard marinade. Sprinkle chicken with salt and pepper. Place chicken on grill rack or broiler pan coated with cooking spray. Cook 5 minutes on each side or until chicken is done.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 2 thighs = 1 P, 1 FT