



EASY BAKED CHICKEN THIGHS

Intermediate Lifestyle

INGREDIENTS

4 bone-in chicken thighs
4 TSP garlic powder
4 TSP onion flakes

INSTRUCTIONS

—Preheat the oven to 450°.

—Place chicken thighs in a baking dish; season both sides with garlic powder and onion flakes.

—Bake in the preheated oven until no longer pink at the bone and juices run clear, about 30 minutes. An instant-read thermometer inserted into thickest part of thigh, near the bone, should read 165 degrees F.

SERVING INFO: (Yields 4 servings)

Serving = 1 thigh = 1 P