



SPICY HONEY-BRUSHED CHICKEN THIGHS **Intermediate Lifestyle**

INGREDIENTS

2 TSP garlic powder	1/2 TSP ground red pepper
2 TSP chili powder	8 skinless, boneless chicken thighs
3/4 TSP salt	Cooking spray
1 TSP ground cumin	6 TBS honey
1 TSP paprika	2 TSP cider vinegar

INSTRUCTIONS

—Preheat broiler.

—Combine first 6 ingredients in a large bowl. Add chicken to bowl; toss to coat. Place chicken on a broiler pan coated with cooking spray. Broil chicken 5 minutes on each side.

—Combine honey and vinegar in a small bowl, stirring well. Remove chicken from oven; brush 1/4 cup honey mixture on chicken. Broil 1 minute.

—Remove chicken from oven and turn over. Brush chicken with remaining honey mixture. Broil 1 additional minute or until chicken is done.

SERVING INFO: (Serves 4)

2 chicken thighs = 1 PR

See photo of recipe at [Instagram](#) and [Facebook](#).