

# Lemon Ginger Chicken Thighs

Rub a mix of lemon peel and grated ginger under the chicken skin before cooking to infuse the meat with flavor. Simmer with a tangy sauce made from lemon juice, honey, and soy sauce for a full-flavored meal.

Ingredients:

1 lemon  
1 tablespoon grated fresh ginger  
1/2 teaspoon salt  
2 tablespoons honey  
1 tablespoon reduced-sodium soy sauce  
8 chicken thighs with bone  
2 teaspoons vegetable oil  
Sliced green onions and lemon wedges (optional)

Directions:

1. Finely shred peel from lemon and juice lemon. In bowl combine the lemon peel, ginger and salt. In another bowl combine lemon juice, honey, soy sauce and 2 Tbsp. water.
2. Rub lemon peel mixture under the skin of the chicken thighs. In 12-inch skillet, heat oil over medium-high heat. Place chicken, skin side down, in the hot oil. Cook 7 minutes or until well-browned; turn chicken and add lemon juice mixture. Reduce heat; cover and cook 14 to 18 minutes longer or until done (180 degrees F.).
3. Transfer chicken to plates. Skim fat from pan juices, if desired. Drizzle chicken with some of the pan juices. Top with green onion and serve with lemon wedges. Makes 4 servings.

Nutrition Facts (Lemon Ginger Chicken Thighs)

Servings Per Recipe 4, Calories 459, Protein (gm) 33, Carbohydrate (gm) 12, Fat, total (gm) 31, Cholesterol (mg) 158, Saturated fat (gm) 8, Monosaturated fat (gm) 14, Polyunsaturated fat (gm) 7, Dietary Fiber, total (gm) 1, Sugar, total (gm) 10, Vitamin A (IU) 292, Vitamin C (mg) 25, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 10, Pyridoxine (Vit. B6) (mg) 1, Folate (µg) 16, Cobalamin (Vit. B12) (µg) 1, Sodium (mg) 567, Potassium (mg) 412, Calcium (DV %) 40, Iron (DV %) 2, Percent Daily Values are based on a 2,000 calorie diet

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