



## LEMON GINGER CHICKEN THIGHS

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



**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 no pink remains (180°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. **SERVES 4.**

**EACH SERVING** 459 cal, 31 g fat, 158 mg chol, 567 mg sodium, 12 g carbo, 1 g fiber, 33 g pro.