

RECIPE



TERIYAKI CHICKEN THIGHS

INGREDIENTS:

2 lbs.	boneless, skinless chicken thighs
1/4 cup	low sodium soy sauce
2 tbsp	brown sugar
2 tbsp	dry sherry
2 tbsp	rice wine vinegar
2	garlic cloves, minced
1 tsp	finely grated ginger
1/4 tsp	red pepper flakes
2 tsp	sesame seeds

DIRECTIONS:

In a medium bowl, combine the soy sauce, brown sugar, sherry, vinegar, garlic, ginger and red pepper flakes and stir until the sugar dissolves.

Transfer the mixture to a large plastic storage bag and add the chicken. Seal the bag and marinate the chicken in the refrigerator, turning over once, for 1 hour or up to 4 hours.

Heat the broiler on high. Arrange the chicken on a broiler pan skin side down and broil until brown and crispy, 8 to 10 minutes. Flip the chicken over and broil another 8-10 minutes until golden brown. Remove from the oven and sprinkle sesame seeds on top. Serve immediately.

Serves: 4


