



Teriyaki Chicken Thighs

*Recipe Source: Ellie Krieger, The Food Network
Serves 6 (1 piece per serving)*

Ingredients:

- ¼ cup low-sodium soy sauce
- 2 Tbsp brown sugar
- 2 Tbsp water
- 2 Tbsp rice vinegar
- 2 garlic cloves, minced or crushed with a garlic press
- 1 tsp finely grated fresh ginger
- ¼ tsp red pepper flakes
- 2 lbs boneless skinless chicken thighs
- 2 tsp sesame seeds

Steps:

- Combine the soy sauce, brown sugar, water, vinegar, garlic, ginger, and red pepper flakes in a small bowl. Stir until the sugar dissolves.
- Place chicken pieces in a resealable plastic bag, then pour soy sauce mixture over. Seal the bag and marinate the chicken in the refrigerator, turning once, for 1-4 hours.
- Heat the broiler to high. Arrange the chicken on a broiler pan and broil until brown, 8-10 minutes. Flip the chicken and broil until almost cooked through, about 8 minutes longer. Sprinkle with sesame seeds and cook until the seeds turn golden brown and the chicken is done, about 2 minutes longer.

Tips from the Test Kitchen: You can also use bone-in, skinless chicken thighs. This goes well served with a mandarin green salad or stir-fried vegetables and brown rice.

Nutritional Facts: per serving Calories: 302, Carbohydrates: 6 grams, Protein: 38 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 201 mg, Sodium: 547 mg, Fiber: 0 grams, Total Sugars: 4 grams.