

Grilled Chicken Thighs

INGREDIENTS:

- 2 pounds chicken thighs
- Sea salt
- Fresh ground black pepper
- Garlic powder
- Paprika

PROCESS:

- Preheat a gas grill
- Place the chicken on a large platter or baking sheet in a single layer, smooth side facing up. Sprinkle generously with salt, pepper, and garlic powder, then add just enough paprika for a little kick. Flip the chicken and season the other side.
- Place the chicken smooth side down on the heated grill and close the lid. Cook 4-5 minutes, then flip and cook an additional 4 minutes with the lid closed. The chicken is cooked when the juices run clear, and it has turned toasty brown on both sides.

No grill ? Preheat the oven to 400 degrees F. Follow seasoning instructions for grilling then place the chicken in a single layer, smooth side up, in a large baking dish. Bake 30-35 minutes until juices run clear and the tops are well browned.

From: Well-Fed