



# Marinated Chicken Thighs

YIELD: 4 -6 Servings

This marinade is a favorite of our test kitchen chefs. It is simple to prepare, scales easily for larger groups, and is the ultimate crowd pleaser.

COOK TIME: 20-25 Minutes

## PREPARATION METHOD

1. Mix all marinade ingredients together in a medium-sized bowl. Reserve  $\frac{1}{3}$  cup of marinade for later use.
2. Add chicken thighs to the bowl and stir to coat.
3. Place bowl in the refrigerator and let marinate for 2-4 hours
4. Preheat oven to 425°F Convection Mode with a rack set at position "3."
5. Place marinated chicken thighs on a baking tray or roasting pan lined with parchment paper.
6. Bake approximately 20-25 minutes or until an instant-read thermometer registers 165°F.
7. Brush with reserved marinade and serve.

## INGREDIENTS

1½ pounds boneless, skinless chicken thighs

### Marinade

$\frac{3}{4}$  cup vegetable oil

$\frac{1}{4}$  cup low-sodium soy sauce

$\frac{1}{4}$  cup red wine vinegar

3 tablespoons honey

3 tablespoons Worcestershire sauce

1 tablespoon lemon juice

Zest of 1 lemon

$\frac{1}{2}$  cup roughly chopped Italian flat leaf parsley

3 tablespoons prepared yellow mustard

2 teaspoons minced garlic

1½ teaspoons black pepper