

APPLE CHICKEN THIGHS

INGREDIENTS

6 Chicken Thighs



MARINADE INGREDIENTS

6 oz Apple juice concentrate
1/2 C Honey
2 T Vinegar (Apple cider)
2 T Healthy oil
1/2 t Salt
1 t Pepper

SAUCE INGREDIENTS

6 oz Apple juice concentrate
1 T Corn starch **OR** Potato Starch
1 T Water (cold)

DIRECTIONS

- 1 Mix all the marinade ingredients & place the chicken in a zip-lock bag with the marinade
- 2 Marinade the chicken for 4 hours or preferably overnight
- 3 Pre-heat the oven for 375 F
- 4 Bake the chicken uncovered for 50 - 60 minutes basting it every 15 minutes with the marinade
- 5 For the sauce, place the 6 oz of apple juice concentrate in a 2 qt pot & boil for 5 minutes
- 6 Lower the temperature to simmer & add the cornstarch & cold water
- 7 Stir constantly until the sauce thickens
- 8 When serving pour the liquid from the pan & the sauce over the chicken

