

BROILED CHICKEN WITH JALAPENO SAUCE

INGREDIENTS

- 4 T Healthy oil (divided)
- 3 cloves Garlic (minced) (divided)
- 1 Chicken thighs (3 to 3 1/2 pounds), quartered
- 3/4 t Salt
- Black pepper
- 1 Onion (chopped)
- 1 T Ginger (fresh) (minced)
- 2 Peppers (jalapeno) (seeds & ribs removed) (minced)
- 1 1/4 C Tomatoes (canned) (crushed)(in thick puree)
- 1 C Coconut milk (canned) (unsweetened) **OR** rice milk **OR** hemp milk
- 2 T Cilantro (chopped) **OR** parsley (chopped) (garnish)



DIRECTIONS

- 1 Make sure top oven shelf has room for your pan & chicken without touching the broiler coils
- 2 Heat your oven to broil
- 3 In a shallow dish, combine 3 T of the oil with 2/3's of garlic
- 4 Coat the chicken with 1/2 the garlic oil & season with 1/4 t salt & 1/8 t pepper
- 5 Broil the chicken, bottom side up basting with 1/2 the remaining garlic oil (6 minutes)
- 6 Turn the chicken & baste with the remaining garlic oil until just done (7 minutes)
- 7 In a medium saute pan, heat the remaining 1 T oil over moderately low heat
- 8 Add the onion & cook, stirring occasionally, until translucent (about 5 minutes)
- 9 Add the remaining garlic, ginger & jalapenos
- 10 Cook, stirring, for 1 minute longer & then add tomatoes, 'milk,' 1/2 teaspoon salt & a pinch of pepper
- 11 Bring to a simmer & cook, stirring occasionally, until thickened, about 5 minutes
- 12 Stir in the cilantro & serve with the chicken.

NOTES

- 1 Serves 4
- 2 If you're using breast, broil 10 minutes per side
- 3 if you're concerned that 2 jalapeno peppers will be to spicy, the recipe works with 1 also

