



Grilled Spice Rubbed Chicken Thighs

***also Oven Roasted Spice Rubbed Chicken Thighs**

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Serves 4-8

Ingredients:

8 bone-in skin-on Chicken Thighs
1 tsp Chardonnay Smoked Sea Salt
(can substitute other smoked sea salt)
1 tsp Onion Powder
1 tsp Garlic Powder
¼ tsp Black Pepper
¼ tsp Cayenne Pepper



Directions:

Combine the last 5 ingredients. Rub spice blend on the bottom and also the skin of the thighs.

For Grilling:

Spray the grill grates with non-stick grilling spray. Preheat a gas grill (medium-high) turning on half of the burners. Grill chicken using the indirect method. Place the thighs skin side up on the cooler side of the grill. Close the lid and grill for 20 minutes. Flip the thighs, skin side down, close the lid and grill for 15 more minutes. Place the thighs on the hotter side of the grill, skin side up. Close the lid and grill for 5 minutes. Flip the thighs and grill skin side down for 3-5 minutes or until juices run clear. Remove to a platter and allow chicken to rest for 3-5 minutes.

For Oven Roasting:

Preheat an oven to 350° F. Lightly spray a baking dish with cooking spray. Place the thighs in the baking dish and cover. Bake for 40 minutes or until juices run clear. Remove the thighs to a baking sheet and place under a broiler on high for 3-5 minutes or until the skin starts to turn brown and blister. Allow chicken to rest for 3-5 minutes.

Pictured with:

Creamy Onion Potato Bake
Broccoli with Wasabi Butter