

Foster's Body & Paint

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Ginger-Lime Chicken Thighs

Ingredients:

- 1/3 cups vegetable oil
- 3 Tblspn lime juice
- 3 Tblspn honey
- 2 tsp grated fresh ginger or 1 tsp ground ginger
- 1/4 to 1/2 tsp red pepper flakes
- 6 boneless skinless chicken thighs



Preparations:

- 1.) Combine oil, lime juice, honey, ginger and pepper flakes in small bowl. Place chicken in large resealable food storage bag. Add ½ cup marinade. Seal bag; turn to coat. Marinate in refrigerator 30 to 60 minutes, turning occasionally. Refrigerate remaining marinade.
- 2.) Prepare grill for direct cooking.
- 3.) Remove chicken from marinade; discard marinade. Place chicken on grid over medium-high heat. Grill chicken 12 minutes or until chicken is cooked through, turning once. Brush with refrigerated marinade during last 5 minutes of cooking.

Makes 4 to 6 servings

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