



Pineapple, Jalapeño Baked Chicken Thighs

In a Soy Sweet Chili Glaze

Camine Pappas / Serves 2 / April 2021

INGREDIENTS:

2 large boneless skinless chicken thighs
2 T soy sauce
3 T sweet chili sauce
2 T maple syrup
2 T honey
2 t Dijon mustard
½ t kosher salt, ½ t black pepper
2 rings pineapple
1 medium jalapeño sliced
1 T oil

METHOD:

Rub chicken thighs with a bit of the oil and oil the bottom of a small baking dish. Preheat oven to 375° F. Mix soy sauce, chili sauce, maple syrup, honey, salt and pepper. Pour over chicken. Then top with slices of jalapeño, a slice of pineapple, and a bit more salt and pepper. Bake for about 25-30 minutes until chicken is done. Chicken thighs take a bit longer than breasts. You can use bone-in thighs but add another 5-10 minutes. Suggested serving over rice.



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