



Zesty Ginger BBQ Baked Chicken

With Rosemary Roasted Parsnips

Camine Pappas / Serves 4 / January 2019

INGREDIENTS:

4 boneless and skinless chicken thighs
patted dry
Oil to moisten
½ C ketchup
3 T good quality balsamic vinegar
1 very large clove garlic chopped finely
1 heaping T candied ginger chopped finely
1 t salt, ½ t cracked black pepper

METHOD:

Preheat oven to 375 degrees F. Rub a little oil all over the chicken. Mix the rest of the ingredients and toss the chicken in the zesty BBQ sauce. Place in baking dish with about 1 inch between each thigh. Slather the top of each thigh with the rest of the sauce. Bake for about 20-25 minutes until meat is 170 degrees inside; cooked by not dry. Serve with parsnips tossed with oil, salt and pepper, and fresh chopped rosemary leaves baked on a baking sheet at 425 degrees F for about 20 minutes.



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