

Cajun Style Chicken Thighs

Makes 16 Servings (1 Thigh per Serving)

Ingredients

16 boneless, skinless chicken thighs (approximately 3-4 oz. each)
2 Tbsp. vegetable oil

For the rub:

1 Tbsp. brown sugar
1 Tbsp. paprika
1 Tbsp. garlic powder
1 Tbsp. onion powder
2 tsp. dried thyme
2 tsp. coarsely ground black pepper



Directions

1. In a small bowl combine the rub ingredients.
2. Rinse the chicken thighs under cold water and pat dry with paper towels. Brush with a small amount of the canola oil and then coat with the rub.
3. Grill the thighs until the meat is firm and the juices run clear (about 8-10 minutes) turning once halfway through grilling time.
4. If there are leftovers, these are great in sandwiches.

Nutrition Facts (Per 1 Thigh Serving)

Calories: 175kcal
Protein: 21g
Carbohydrate: 9g
Potassium: 232mg
Phosphorus: 163 mg
Sodium: 68mg