



GRILLED SEASONED CHICKEN THIGHS

By Dr. Cindy Tanzar
(Standard & Maintenance Plans)

This easy recipe provides a seasoning rub that is full of flavor. It's a perfect combination that goes well with the smokiness of the grill. The leftovers are even better, as the flavors tend to relax a bit and meld together.

Makes 8 servings. One serving of this recipe is 3 oz of cooked chicken and covers your protein for one meal.



INGREDIENTS

- 2 lbs. chicken thighs (boneless or bone-in)
- 1-1/2 Tbsp Swerve Brown or Lakanto Golden
- 1/2 tsp. Pink Himalayan salt
- 1 tsp. chili powder
- 1/2 tsp. smoked paprika
- 1/2 tsp. ground cumin
- 1/2 tsp. onion powder



1/2 tsp. garlic powder
1/2 tsp. dried oregano
2 Tbsp avocado oil
Lime wedges, optional

INSTRUCTIONS

In a medium bowl, combine the Swerve Brown, salt, chili powder, smoked paprika, cumin, onion powder, garlic powder and oregano.

Heat the grill to medium-high heat.

Place the chicken thighs in a large bowl or baking dish and pour the avocado oil over them. Sprinkle the seasoning mix over the chicken and rub it over the thighs with your hands to coat evenly.

Place the chicken on the grill and brown it well on one side. Flip it and grill until browned and the temperature reaches 165°F. The timing will be different depending on the size of the thighs. Bone-in thighs will take longer than boneless.