

Honey Turmeric Skillet Chicken Thighs



Ingredients:

5 Boneless, Skinless Chicken Thighs
1 ½ tsp Turmeric Powder, divided
½ tsp Freshly Cracked Black Pepper
¼ tsp Coriander Powder
2 Tbsp Corn Oil
2 ½ Tbsp Honey
1 Tbsp Fresh Cilantro, chopped
Juice of ½ lemon

Directions:

Preheat oven to broil high.

In a large bowl, season chicken with 2 teaspoons turmeric, black pepper and coriander.

Bring a heavy-bottomed skillet to medium-high heat and add oil. Place chicken in the skillet and cook for 8 minutes. Flip and cook for another 6 minutes.

In a small bowl, mix the remaining turmeric and honey. Flip chicken again and spoon honey mixture evenly over the chicken. Broil in the oven for 5 minutes or until the honey has caramelized.

Sprinkle the cilantro and squeeze juice of lemon over chicken to finish.

Nutrition Facts	
Serving size: 1 piece (137g)	
Servings Per Container 1	
Amount Per Serving	
Calories 290	Cal. from Fat 140
% Daily Value*	
Total Fat 15g	25%
Saturated Fat 3g	15%
Trans Fats 0g	
Cholesterol 155mg	50%
Sodium 125mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	1%
Sugars 9g	
Protein 29g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Servings: 5

