

Ingredients:

- 1 ½ lbs Chicken Breasts or Thighs, Boneless
Skinless
- ¼ cup Honey
- ½ cup Soy Sauce
- 2 each Garlic Cloves
- ½ tsp Red Pepper Flakes



Instructions:

Mix together honey, soy sauce, minced garlic, and red pepper flakes in a large bowl.

Place chicken thighs in a clean dish or gallon size freezer bag. Cover with sauce. The sauce may not cover the chicken. Mix slightly. Chill for 1 hour.

Heat Grill Medium to High heat. Heat your oven to 350F. Sear chicken on both sides. Place seared chicken into an oven safe baking dish. Continue to cook in the oven until the internal temperature reaches 165F.

Let stand for 5-10 minutes once they are removed from the oven. Serve hot or cold.

If you don't have access to a grill you can sear the chicken in a frying pan as well, before placing it in the oven.

You can substitute boneless chicken for bone-in chicken.

The picture above is shown with my recommendation of grilled or roasted vegetables, consisting of onions, peppers, and mushrooms.