



Asian-Glazed Chicken Thighs

Flavorful and juicy, chicken thighs can be a thrifty alternative to breast meat. You can often find them in value packs at your local supermarket.

8 chicken thighs
For the marinade:
Finely grated zest of
2 oranges
3/4 cup fresh orange juice
1/4 cup honey
3 Tbsp soy sauce
2 Tbsp toasted sesame oil

1 Tbsp minced fresh
ginger
1 Tbsp garlic
1/4 tsp crushed red-
pepper flakes
8 oz. rice noodles
4 scallions, thinly sliced,
for garnish

1. The day before serving, rinse the chicken and pat dry. Place in a bowl.
2. Combine the next 8 ingredients to make a marinade; toss with the chicken to coat. Cover and refrigerate for 4 to 6 hours, or overnight.
3. Thirty minutes before cooking, remove the chicken from the refrigerator and preheat the oven to 350°F. Arrange the chicken in a large, shallow roasting pan and season with salt and pepper to taste. Pour the marinade over the chicken.
4. Bake the chicken until it's golden

brown and cooked through, basting frequently, about 45 minutes.

5. Meanwhile, bring a large pot of water to a boil. Turn off the heat and stir in the rice noodles. Let soak until tender, about 7 minutes. Drain, rinse under warm water, and drain again.

6. Divide the noodles between 4 bowls. Place 2 chicken thighs in each bowl and spoon the pan sauce over the top. Garnish with scallions and serve immediately.

Serves 4. Per serving: 670 calories, 75g carbs, 34g protein, 26g fat, 115mg cholesterol.