

Garlicky Glazed Carnival Chicken

- 2 lbs deboned, skinless chicken thighs, fat removed
- 1/4 c each BBQ sauce, mustard, ketchup
- sea salt and freshly ground black pepper
- 2 cloves garlic, minced

Preheat oven to 350F.

In a large bowl, combine BBQ sauce, mustard and ketchup, then add chicken, stirring to coat.

Place chicken on parchment covered baking pan, then sprinkle with salt, pepper and garlic.

Bake for 20 - 25 minutes or until done. Excellent made in advance and reheated on the BBQ or in a grill pan.

Serves 6. For an easy meal, serve chicken sliced in whole wheat wraps with arugula and quartered grilled peaches, or with pesto, lettuce and sliced cherry tomatoes.

Jittery Cook