

Easy Oven Grilled Boneless Chicken Thighs in Sprite Marinade

1 bottle 500 mL of Sprite or other lemon/lime carbonated drink about 17 ounces

2 tablespoons sweet chili sauce

2-3 tablespoons Silan or date honey OR molasses

2 tablespoons rice vinegar

2 cloves of crushed garlic (frozen is fine)

8 small skinless boneless chicken thighs

Directions:

Preheat broiler on low broil. In large bowl combine the Sprite with the sweet chili sauce, silan, rice vinegar and garlic. Mix well. Submerge the chicken in the mixture and let marinate at least 15 minutes. Can be marinated (in fridge) up to 24 hours if you wish, the flavor grows more intense. Place chicken on foil lined broiler pan.

Grill under broiler on low broil for 7-8 minutes on each side. This can be served hot or very nice served hot or room temp sliced on a bed of mixed salad greens and sliced tomatoes with vinaigrette.