

Honey, Lime & Sriracha Grilled Chicken

Serves 4

Marinade

¼ cup	honey
¼ cup	lime juice, freshly squeezed
2 Tbsp	reduced sodium soy sauce (Tamari for gluten-free)
2 Tbsp	Sriracha hot sauce
1 Tbsp	olive oil
2 tsp	grated lemon zest
2 tsp	garlic, minced
2 tsp	grated fresh ginger root
½ tsp each	cumin and chili powder

8 large bone-in chicken thighs, skin removed

Salsa

1 whole	fresh pineapple, peeled, cored and sliced into 6 thick rings
1 medium	red bell pepper, halved (seeds removed)
⅓ cup	red onions, minced
1	jalapeno pepper, minced
2 Tbsp	lime juice, freshly squeezed
1 to 2 Tbsp	fresh cilantro, minced
	pinch of salt

1. Mix together marinade ingredients in a small bowl or measuring cup.
2. Reserve ¼ cup marinade to use as a basting sauce for the chicken while grilling.
3. Pour remaining marinade about ½ cup over chicken thighs in a small glass baking dish. Turn pieces over several times to coat evenly with marinade. Cover with plastic and marinate in the fridge for at least 8 hours or overnight.
4. Pre-heat grill to medium-high and lightly oil grill racks.
5. Just before grilling chicken, make the salsa.

Michele Blanchet, Registered Dietitian

www.micheleblanchet.ca

micheleblanchetdietitian@gmail.com

Honey, Lime & Sriracha Grilled Chicken

6. Place pineapple rings and bell pepper halves on grill. Close lid. Cook for about 4 minutes per side, until heated through. Remove from heat.
7. When cool enough to handle, dice pineapple and bell peppers and place in a medium bowl. Add remaining salsa ingredients and mix well. Let salsa stand at room temperature while you grill the chicken.
8. Reduce grill heat to medium. Re-oil racks if desired. Grill chicken thighs for about 10 minutes per side with lid closed. Baste generously with reserved marinade during the last 2 minutes of cooking time.
9. Serve hot with pineapple salsa.

Recipe from: Yum & Yummer, Greta Podleski, 2017.

Michele Blanchet, Registered Dietitian

www.micheleblanchet.ca

micheleblanchetdietitian@gmail.com