

Chicken Mignon

Ingredients

- 6 skinless boneless chicken thighs
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1/2 tablespoon granulated garlic
- 1/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon cayenne pepper, or to taste
- 1/4 teaspoon cracked black pepper, or to taste
- 1/2 cup reduced sodium soy sauce
- 1/2 cup FIRST COLD PRESSED olive oil



Directions

1. Place chicken thighs on work surface. Trim excess fat from thighs.
2. In a separate bowl combine all dry ingredients and mix completely. Sprinkle 1/2 of the mixture over top side of the thighs.
3. Turn thighs over and sprinkle remainder of mixture over the bottom side of the thighs.
4. Pour soy sauce over thighs on both sides then repeat process with olive oil.
5. Cook on medium high heat 15 minutes on each side or until internal temperature reaches 165°.

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