

Vietnamese Chicken Thighs



Hands-On Prep 10 MIN

Cook 20 MIN

Serves 6



1 To make the marinade, grate the zest from the orange and set aside. Peel the orange, cut into sections, and chop the sections. Combine the orange zest, chopped orange, ginger, soy sauce, and garlic in a zip-close plastic bag; add the chicken. Squeeze out the air and seal the bag; turn to coat the chicken. Refrigerate, turning the bag occasionally, at least 3 hours or overnight.

2 Spray the grill rack with canola oil nonstick spray; prepare the grill.

3 Remove the chicken from the marinade; discard the remaining marinade. Sprinkle the chicken with the salt and pepper and place it on the grill rack. Grill until an instant-read thermometer inserted into the side of each thigh registers 180°F, about 10 minutes on each side.

1 navel orange
2 tablespoons grated
peeled fresh ginger
2 tablespoons reduced-
sodium soy sauce
3 garlic cloves, minced
½ teaspoon salt
¼ teaspoon freshly
ground pepper
6 (¼-pound) skinless
bone-in chicken thighs,
trimmed

PER SERVING (1 thigh): 129 Cal, 7 g Fat, 2 g Sat Fat, 0 g Trans Fat, 57 mg Chol, 297 mg Sod, 1 g Carb, 0 g Fib, 16 g Prot, 9 mg Calc.

POINTS value: 3.

Food Note This Asian-style barbecued chicken can be served hot off the grill or at room temperature.