

Honey-Garlic Chicken Thighs with Carrots & Broccoli

These budget-friendly chicken thigh recipes are the perfect choice for dinner. Pairing chicken thighs with budget-friendly ingredients like tortillas and potatoes to create a delicious meal. Feel free to swap in frozen veggies or whatever you have on hand to make an easy dinner. This recipe is healthy, filling and makes the most of affordable ingredients!



Ingredients

½ cup honey
1 ½ tablespoons reduced sodium soy sauce or tamari
4 cloves garlic, minced (about 1 1/2 tablespoons)
1 tablespoon cider vinegar
¼ teaspoon crushed red pepper
8 (5 ounce) bone-in, skin-on chicken thighs
1 pound small carrots, sliced into 1/2-inch pieces
2 tablespoons olive oil, divided
4 cups broccoli florets (about 1 pound)
½ teaspoon salt
½ teaspoon ground pepper
1 teaspoon cornstarch
1 teaspoon water

Directions

Step 1

Whisk honey, soy sauce (or tamari), garlic, vinegar and crushed red pepper in a small bowl. Place chicken and half of the honey mixture (about 1/4 cup) in a zip-top plastic bag; remove excess air and seal bag. Massage the chicken in the sealed bag until well coated. Refrigerate for at least 30 minutes and up to 2 hours. Reserve the remaining honey mixture.

Step 2

Preheat oven to 400 degrees F. Line a large rimmed baking sheet with foil; coat with cooking spray. Remove the chicken from the marinade (discard marinade); arrange on 1 side of the prepared pan. Combine carrots and 1 tablespoon oil in a medium bowl; toss well to coat. Spread the carrots in an even layer on the other side of the pan. Bake the chicken and carrots for 15 minutes. Remove from the oven; stir the carrots.

Step 3

Combine broccoli and the remaining 1 tablespoon oil; toss well to coat. Distribute the broccoli evenly over the chicken and carrots on the pan. Sprinkle salt and pepper over all. Bake until the vegetables are tender and a thermometer inserted in the thickest portion of the chicken registers 165 degrees F, 15 to 18 minutes.

Step 4

Meanwhile, whisk cornstarch and water in a small bowl until no clumps remain. Combine the cornstarch mixture and the reserved honey mixture in a small saucepan; bring to a simmer over medium-low heat, whisking once or twice. Simmer, whisking often, until the sauce is clear and thickened, about 2 minutes. Drizzle over the chicken and vegetables. Serve hot.

Tips

To make ahead: Refrigerate in an airtight container for up to 4 days.

Nutrition Facts

Serving Size: 2 Chicken Thighs With 1 Cup Vegetables **Per Serving:** 475 calories; protein 35.8g; carbohydrates 39.7g; dietary fiber 5.1g; sugars 29.3g; fat 20.1g; saturated fat 4.5g; cholesterol 115.2mg; vitamin a iu 21202.3IU; vitamin c 74mg; folate 81.7mcg; calcium 95.6mg; iron 3.1mg; magnesium 62.5mg; potassium 874mg; sodium 686mg; thiamin 0.2mg; added sugar 23g. **Exchanges:**
4 Medium-Fat Protein, 2 1/2 Vegetable, 1 Fat, 1 Other Carbohydrate