**Boneless Skinless Chicken Thighs in the Oven with a Yummy Baking Sauce**

**This recipe comes straight from a very interesting cooking website** [**www.thekitchn.com**](http://www.thekitchn.com)

**(there’s no “e”)**

**Angie’s note: Check that website out, there’s some really interesting recipes and cooking and food info there…I HAVE SHORTENED THE RECIPE FROM THAT WEBSITE HERE…..**

**Ingredients**  
1 pound boneless skinless chicken thighs  
Salt and freshly ground black pepper  
Olive oil  
Sauce or additional seasonings (optional)

***Baking Sauce****……*

*See #3…*

*olive oil, balsamic vinegar. Brown sugar, Dijon mustard, garlic cloves and red pepper flakes.*

**Instructions**

**1.** **Buy boneless skinless chicken thighs.**

**2.** **Heat the oven to 425°F. Put the chicken in a bowl and season with salt and pepper.**

**\*\*\*\*3. Make a baking sauce…The author of this recipe suggests the following baking sauce….a couple tablespoons olive oil and about 1 tablespoon balsamic vinegar with 1 teaspoon brown sugar, 1 tablespoon Dijon mustard, 4 garlic cloves, and a dash of red pepper flakes**.

**4. Toss the chicken with the baking sauce.** Coat the chicken with the sauce.

**5. Spread the chicken in the baking dish.** No need to grease the dish. Just lay the chicken inside.

**6. Bake for 20 minutes or until the chicken has an internal temperature of 165°F.**

**7. Remove the chicken from the oven and rest the meat, covered, for 10 minutes.** Cover the baking dish with foil and let the chicken rest. Eat and enjoy.