

Chicken

Tequila-Glazed Grilled Chicken Thighs

Cooking Light Magazine

Servings: 6

Preparation Time: 40 minutes

Start to Finish Time: 1 hour

1 1/2 teaspoons ground cumin
1 teaspoon chili powder
3/4 teaspoon Kosher salt
1/4 teaspoon chipotle chile powder
2 pounds (about 6) bone-in chicken thighs, skinned
3/4 cup pineapple juice
1/3 cup tequila
1/4 cup honey
2 teaspoons cornstarch
2 teaspoons water
2 teaspoons grated lime rind
3 tablespoons fresh lime juice
1/4 teaspoon crushed red pepper
cooking spray

Preheat grill to medium-high heat using both burners. After preheating, turn the left burner off (leave the right burner on).

Combine the cumin, chili powder, salt and chipotle chili powder in a small bowl; rub evenly over the chicken.

Bring the pineapple juice, tequila and honey to a boil in a small saucepan; cook until reduced to 3/4 cup (about 10 minutes).

Combine the cornstarch and water in a small bowl and stir well. Add the cornstarch mixture to the juice mixture, stirring constantly with a whisk. Bring to a boil and cook for 1 minute, stirring constantly. Remove from heat and stir in the lime rind, lime juice and red pepper.

Place the chicken on a grill rack coated with cooking spray over the right burner (direct heat). Cover and grill for 5 minutes on each side, basting occasionally with juice mixture.

Move the chicken to the grill rack over the left burner (indirect heat). Cover and grill an additional 5 minutes on each side or until done, basting occasionally.

Per Serving (excluding unknown items): 98 Calories; trace Fat (2.6% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 241mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.