

# Smokey Dijon Chicken Thighs

Recipe makes 3 servings, each serving is:

208  
kcal

10 g  
fat

4 g  
carbs

25 g  
pro

## Ingredients

- 8 boneless, skinless chicken thighs

### Smokey Dijon Marinade:

- 2 Tbsp grainy Dijon mustard
- 2 Tbsp apple cider vinegar
- 1/2 Tbsp maple syrup
- 1/2 Tbsp smoked paprika
- 1/4 tsp cayenne (optional)
- Salt & pepper

## Directions

1. Combine the marinade ingredients in a bowl or jar and mix or shake well.
2. Transfer the chicken and marinade to a sealable container or zip lock bag. Marinate for at least one hour or overnight.
3. Grill over medium heat until the internal temperature reads 165 degrees F.

**THE NUTRITIONIST**

