

Balsamic Figgy Glazed Chicken (chicken)

Prep: 15 mins.

Cook: 40 mins.

Servings: 6

Ingredients

6 boneless skinless chicken thighs
salt to taste (or favorite season salt)
1 T. butter
1 medium shallot, finely diced
2 cloves garlic, minced
1 (12oz.) jar fig preserves
1 T. honey
2 T. Balsamic vinegar



Instructions

1. Preheat oven to broil setting. Cover a broiler pan with foil then lightly coat with cooking spray and set aside.
2. **Prepare the Fig Glaze:** Melt butter in a medium saucepan over a medium heat.
3. Add in shallots and season $\frac{1}{4}$ tsp. salt. Sauté until soft about 3 minutes.
4. Add in the garlic, fig preserves, honey and balsamic vinegar. Increase the heat to bring the mixture to a boil, then immediately reduce the heat to a simmer. Simmer, stirring occasionally until the mixture has thickened (about 10 mins.).
5. **Prepare the chicken:** Pat chicken dry and season both sides with salt/pepper or favorite season salt.
6. Transfer chicken to the prepared broiler pan.
7. Broil the chicken in the oven, uncovered for 20-30 minutes or until chicken is cooked through. Flip chicken halfway through.
8. Spoon glaze over the chicken then switch to broiler for the last 3-5 minutes of cook time for more browning.
9. Remove from the oven and spoon on additional, glaze let chicken rest for 5 minutes.