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Maple & Mustard Chicken Thighs

- 1/3 Cup spicy brown mustard
- 2 Tbsp brown sugar
- 3 Tbsp maple syrup
- 2 Tbsp yellow mustard
- 1 Tbsp grated onion
- 1 Tbsp cider vinegar
- 2 Tsp lower-sodium soy sauce
- 1/2 Tsp black pepper
- 1 Garlic clove, minced
- 8 Bone-in chicken thighs, skinned
- 1/4 Tsp kosher salt
- Cooking spray

- 1) Combine first 9 ingredients. Place half of mixture in a zip-top plastic bag; reserve remaining mixture. Add chicken to bag; seal. Chill 2 hours.
- 2) Preheat grill to medium-high heat.
- 3) Remove chicken from bag. Sprinkle chicken with salt. Place chicken on a grill rack coated with cooking spray; grill 8 minutes on each side or until done. Serve with reserved mustard mixture.

Makes 4 Servings

