

Farm Market Recipe



Grilled Chicken Thighs with Summer Corn Salad

Ingredients:

- 4 large bone-in chicken thighs (1¾-2 pounds), trimmed of visible fat
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons cider vinegar
- 2½ cups corn kernels (from 3 ears corn)
- 1 cup quartered cherry tomatoes
- 3 scallions, sliced
- ¼ cup chopped fresh basil

Directions:

1. Preheat grill to medium.
2. Brush chicken with 1 tablespoon oil; sprinkle all over with ¼ teaspoon salt and ¼ teaspoon pepper. Place the chicken on the grill, skin-side down, and cook, turning once, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 23 to 28 minutes.
3. Meanwhile, whisk vinegar and the remaining 2 tablespoons oil, ¼ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Add corn, tomatoes, scallions and basil. Toss to coat. Serve the salad with grilled chicken.

Nutrition Facts:

Servings: 4 Serving Size: 1 chicken thigh & 1 cup salad

Per Serving: calories 400; carbohydrates 20g; dietary fiber 3g; total sugars 4g; protein 31g; total fat 12g; saturated fat 5g; cholesterol 100mg; vitamin A 813IU; vitamin C 13mg; folate 53mcg; sodium 3816mg; calcium 34mg; iron 2mg; magnesium 48mg; potassium 526mg

Recipe from Eatingwell