



Roasted Salt Free Chicken

Ingredients:

- 1 package boneless chicken thighs
- Penzeys 'Murad of Spice' blend
- Olive oil

Directions:

- Place chicken thighs in single layer in baking dish and toss with olive oil
- Generously sprinkle with spice blend – liberally covering both sides
- Marinate for 30 minutes or up to overnight
- Grill on each side for 8-10 minutes
- Let meat rest, covered for 10 minutes.
- Slice into thin strips and enjoy!

Note: These are impossible to mess up. Makes a wonderful weeknight main course, paired with a veggie, and quinoa, or a great one dish dinner or lunch on top of a green salad or paired with arugula. Makes great left overs as well. If you can't grill you can bake in over for 25 minutes at 375 degrees.

*** Used cold pressed olive oil for a healthier alternative to regular olive oil*