

TUESDAY: **GRILLED HOISIN CHICKEN THIGHS**

Serve up this tasty dish with cooked rice.

Prep: 10 min Cook: 25 min Serves: 4

1/3 cup hoisin sauce

1/4 cup seasoned rice vinegar

1/2 lb boneless skinless chicken thighs (8)

8 baby bok choy, halved lengthwise

2 red or orange bell peppers, quartered

Whisk together hoisin sauce, vinegar, 2 tbsp Longo's 100% Pure Canola Oil and 1/2 tsp each salt and pepper. Set aside 1/4 cup of the mixture.

Toss chicken thighs with remaining hoisin mixture. Grill on greased grill over medium heat for about 15 minutes, turning occasionally, until no longer pink inside and juices run clear.

Drizzle bok choy and peppers with 1 tbsp Longo's 100% Pure Canola Oil and a pinch each of salt and pepper. Grill over medium-high heat for about 10 minutes, turning often, until tender-crisp and golden. Toss with remaining hoisin sauce and serve with chicken thighs.

Per serving: 350 calories; 33 g protein; 16 g fat;
17 g carbohydrate; 3 g fibre; 13 g sugars; 940 mg sodium.

