Eat Happy Kitchen
Anna Vocino

DILL CHICKEN THIGHS

(Serves 2-3)

- 1-2 pounds boneless, skinless chicken thighs
- Salt and pepper
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 tablespoon The Dill Organic Ranch Seasoning
- Full fat Greek yogurt, optional for garnish

Season chicken thighs lightly with salt and pepper.

In a mixing bowl, whisk together Dijon mustard, olive oil, lemon juice, and The Dill seasoning into a thick marinade. Dredge chicken thighs in bowl of marinade, making sure to cover all surface area of the chicken. Place in fridge 30 minutes to 2 hours. Remove from fridge 10-15 minutes before cooking.

Air Fryer instructions:

Preheat air fryer to 400 degrees. Discarding excess marinade, cook chicken thighs for 8 minutes at 400, then flip and cook another 8 minutes at 400. Serve with dollops of optional Greek yogurt.

Oven instructions:

Preheat oven to 400 degrees. Discarding excess marinade, cook thighs on a baking sheet for 16-20 minutes until cooked through. Serve with dollops of optional Greek yogurt.

Grill instructions:

Preheat grill to 450 degrees. Discarding excess marinade, cook chicken thighs 10-12 minutes, flipping halfway through, until cooked through. Serve with dollops of optional Greek yogurt.