



## Spiced Chicken Thighs

### ***Serves six***

12 chicken thighs  
1 TBS salt  
1 tsp. black pepper  
1 TBS ground cumin  
1 tsp. cinnamon  
½ tsp. ground cloves  
1 tsp. allspice  
1 tsp. cayenne

Preheat oven to 400 degrees. Oil a roasting rack inside a roasting pan.

Add all the spices into a bowl and mix well.

Place the thighs on the rack. Sprinkle them generously on both sides, leaving them skin side down.

Place the roasting pan in the oven and cook – skin side down – for about 20 minutes. Remove the pan from the oven and reduce the heat to 375 degrees. Flip the chicken and cook for an extra 25 minutes, or until a meat thermometer registers 175 degrees when inserted close to the bone. Make sure the chicken is cooked through but are not dried.

Serve and enjoy.

CALORIES 526.79.; FAT 38.32 grs (sat 10.86; mono 16.23; poly 8.41); PROTEIN 42.27 grs ; FIBER 0.44 grs;  
CARBS 1.15 grs; CHOLESEROL 212.00 mg; IRON 3.02 mg; SODIUM 1785.27 mg; CALCIUM 16.39 mg