



USDA Center for Nutrition Policy and Promotion  
(n.d.) Spicy Oven-Baked Chicken. MyPlate Kitchen



Scan this QR code to watch a  
video of how to make it.

# Spicy Chicken

Makes 8 servings  
Prep Time: 1–24 hours  
Cook Time: 16–20 minutes

## Ingredients

8 large chicken thighs (trimmed off excess fat)  
6 teaspoons hot sauce  
2 teaspoons yellow mustard  
2 teaspoons dried thyme

2 cloves garlic (peeled and minced)  
1 teaspoon salt  
1 teaspoon black pepper

## Directions

- Put chicken, hot sauce, mustard, thyme and garlic in the bowl and mix well. Cover and refrigerate at least one hour or up to 24 hours.
- Place 2 tbs of olive oil in a pan or skillet
- Heat skillet to medium high heat . Cook chicken for 4 – 8 minutes on each side.
- When chicken is almost finished cooking, sprinkle with salt and pepper
- When finished, serve and enjoy!

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