

***LEMONY GRILLED CHICKEN THIGHS***  
*(from the Bewitching Kitchen)*

8 boneless, skin-less chicken thighs  
for the marinade:

1 tsp salt

1 /2 tsp black pepper

1 tsp smoked paprika

1 tsp Herbes de Provence

1 /4 cup avocado oil

juice of 1 lemon

2 tsp Dijon mustard

Make a marinade whisking well all ingredients in a bowl. Add to the pieces of chicken, preferably inside a large plastic bag. Place in the fridge for several hours.

Heat the grill and remove the chicken from the marinade. Pat it dry, and if you like it to be a bit more salty, season each piece lightly with additional salt (we do like that).

Grill on both sides until done, in our grill it takes a total of 16 minutes, 8 minutes per side.