

Low-Point Spiced Teriyaki Chicken

Ingredients:

- 1 Tbs Worcestershire sauce
- 1 Tbs Teriyaki sauce
- 1 tsp. fish sauce (optional)
- 1/2 tsp. smoked paprika
- 1 Tbs. minced garlic
- 1/4 to 1/2 tsp. Creole seasoning
- 2 Tbs fresh parsley, chopped
- 2 Tbs. chopped fresh basil (or 1 tsp. dried basil leaves)
- 4, 4 oz. boneless, skinless, chicken thighs

Mix all ingredients together and marinate chicken thighs until thoroughly saturated. (If time permits, let marinate at least 30 min. ahead of time.) Place chicken on grill set to medium-high temperature. Turn thighs over every 2 to 3 minutes so they won't over cook. Remove when cooked to desired doneness, and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 4.4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"When you're down to nothing, God is up to something."
- Anonymous***