



One-Pan Hot Honey Chicken

GF
option

INGREDIENTS

3 tbsp Hy-Vee honey
1 tbsp Lola's original hot sauce
1 tsp Hy-Vee ground black pepper
1 (3-lbs.) pkg. Hy-Vee fresh 100% natural chicken leg quarters
1 tbsp Gustare Vita olive oil
1 cup Hy-Vee Short Cuts tri-colored chopped bell peppers
2 tsp bottled minced garlic
2 cups water
1 tsp kosher salt
1 cup long grain white rice
1 tsp Hy-Vee less sodium soy sauce, or gluten-free tamari sauce
Green onions, sliced; for garnish

PREPARATION

- 1** Preheat oven to 350°. Stir together honey, hot sauce, and black pepper in a small bowl; set aside.
- 2** Pat chicken dry with paper towels. Heat oil in a 6-quart Dutch oven over medium-high heat. Place chicken, skin-side down, in Dutch oven. Reduce heat to medium-low. Cook 6 to 8 minutes or until skin is golden brown; do not turn over. Remove from Dutch oven; set aside.
- 3** Add bell peppers to pan drippings in Dutch oven. Cook over medium heat 2 minutes, stirring frequently. Stir in garlic; cook 30 seconds. Stir in water, salt, rice, and soy sauce. Place chicken, skin-side up, on rice mixture. Brush top of chicken with honey mixture.
- 4** Bring to a boil over high heat. Cover Dutch oven. Bake 20 to 25 minutes or until rice is tender and chicken reaches 165°. Remove from oven; spoon remaining honey mixture over chicken. Garnish with green onions, if desired.

NUTRITION FACTS

Calories: 630
Total Fat: 43g
Saturated Fat: 12g
Trans Fat: 0g
Cholesterol: 200mg

Sodium: 560mg
Carbohydrates: 23g
Fiber: 1g
Sugar: 10g
Protein: 38g