

# Honey Glazed chicken

## Ingredients

6 chicken thighs, trimmed off skin and fat  
1 T. reduced sodium soy sauce  
2 T. cooking oil  
1/2 c. water  
1/4 c. honey

Heat pressure cooker on stove, without lid; add oil and brown chicken. Combine honey and soy sauce; brush on chicken. Pour water and remaining sauce in pressure cooker. Close lid securely. Place pressure regulator on vent pipe and cook 12 minutes with regulator rocking gently. Cool pressure cooker at once. Crisp chicken under broiler if desired.

**Yield:** 4 servings

## Nutrition Information:

Calories: 202 kcals  
Fat: 9 g.  
Carbohydrates: 18 g.  
Protein: 12 g.  
Fiber: 0 g.

**Cost per Recipe:** \$0.81  
**Cost per Serving:** \$0.20