

BBQ Baked Chicken Thighs Recipe

(Insert a delicious image of BBQ Chicken Thighs here)

Ingredients:

- 4-6 chicken thighs (bone-in or boneless, skin-on preferred)
- 1 cup barbecue sauce (store-bought or homemade)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp onion powder
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with aluminum foil for easy cleanup.
2. In a small bowl, mix garlic powder, smoked paprika, onion powder, salt, and pepper.
3. Pat the chicken thighs dry with paper towels, then rub the spice mixture evenly over each piece.
4. Heat olive oil in a skillet over medium heat. Sear the chicken thighs for 2-3 minutes on each side until golden brown.
5. Place the seared chicken thighs on the prepared baking sheet, skin-side up.
6. Brush a generous layer of barbecue sauce over each piece.
7. Bake in the preheated oven for 30-40 minutes, or until the internal temperature reaches 165°F (74°C).
8. During the last 5 minutes of baking, broil the chicken thighs to caramelize the sauce for a crispy finish.
9. Remove from the oven, let rest for 5 minutes, and serve with extra barbecue sauce on the side.

Tips for Best Results:

- - For extra flavor, marinate the chicken thighs in barbecue sauce for 1-4 hours before cooking.
- - Use a meat thermometer to ensure perfectly cooked, juicy chicken.
- - Pair with coleslaw, mashed potatoes, or corn on the cob for a complete meal.

Enjoy your homemade BBQ Baked Chicken Thighs! Save or print this recipe for future use.