Spicy Chicken Thighs

**Ingredients:**
- 3/4 cup red wine vinegar
- 1/4 cup chili sauce
- 1/4 cup Worcestershire sauce
- 1 (6 ounce) can tomato paste
- 1/2 cup diced onion
- 2 tablespoons brown sugar
- 1/2 teaspoon cayenne pepper
- Nonstick cooking spray
- 8 boneless, skinless chicken thighs
- 2 Tablespoons chopped parsley

**Utensils Needed:**
- Large nonstick skillet
- Colander
- Measuring utensils
- Cutting board and knife
- Mixing spoon

**Directions:**

1. Preheat oven to 350 degrees F. In a bowl blend vinegar, chili sauce, Worcestershire sauce, and tomato paste. Mix in the onion, brown sugar, and cayenne pepper.

2. Spray a skillet with nonstick cooking spray and heat over medium heat. Sauté the chicken thighs on both sides until browned. Remove from heat, drain, and arrange in a medium baking dish. Cover with the cider vinegar mixture.

3. Bake 40 minutes or until the internal cooking temperature measures 165 degrees F.

**NUTRITION FACTS**

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<tbody>
<tr>
<td>Calories</td>
<td>220</td>
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<tr>
<td>Total Fat</td>
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<tr>
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