



Crispy Chicken Thighs with Chickpeas and Stewed Vegetables

Ingredients

- 4 Chicken Thighs with the Skin On
- 1 ½ Cup Canned Chickpeas, Drained
- 2 oz Roasted Red Peppers
- 2 Cups Kale, 1 Inch pieces
- ½ Cup Artichoke Hearts
- 5 Oil Cured Olives (Per Chicken Thigh)
- 1 Tbsp Lemon Zest
- 1 Tbsp Fresh Parsley, Minced
- Salt and Pepper, to Taste

Directions

1. First, preheat oven to 350 degrees.
2. Heat a sauté pan on stove over medium high-heat and drizzle the olive oil in the pan.
3. When the oil begins to smoke, place the chicken thighs in the pan, skin side down. Cook until the skin is crispy, then flip over and cook for an additional 2 minutes.
4. Remove chicken from the pan and set aside.
5. In the same pan, add Kale. Season Kale with salt and pepper and cook over low heat until wilted.
6. Add chickpeas, peppers, olives, and artichoke hearts to the kale.
7. Place chicken on top of vegetables, then place entire pan in 350 degree oven for 10 minutes.
8. Remove and let rest for 5 minutes. Top your dish off with parsley and lemon zest.
9. Enjoy!

Healthy Tip: Rinse canned beans to reduce sodium!

Calories 148

Total Fat 34 g

Saturated Fat 1 g

Cholesterol 24 mg

Sodium 486 mg

Total Carbohydrate 25 g

Dietary Fiber 6 g

Sugars 2 g

Protein 11 g