



Braised Chicken and Vegetable Skillet

Prep: 15 minutes | Cook: 60 minutes | Total: 1 hour and 15 minutes

Yield: 4 servings | Serving Size: 1 chicken thigh and ~3 cups vegetables

Ingredients

- 1 tablespoon oil
- 1 pound bone-in, skinless chicken thighs
- ½ teaspoon ground pepper
- 1 pound small red or yellow potatoes, cut into quarters
- 1 pound carrots, peeled cut into 1-inch pieces
- 1 pound green beans (fresh or frozen), ends trimmed if fresh
- 1 medium onion, cut into wedges
- 1 cup (8 ounces) low-sodium chicken broth
- 1 teaspoon dried thyme leaves

Directions

1. Heat a large, deep skillet or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and sear until browned, about 4-5 minutes on each side.
4. Add the potatoes, carrots, broth, and thyme
5. Reduce the heat to a simmer.
6. Cover the pan with lid and simmer for 25-30 minutes.
7. Remove the lid. Add the green beans and onion.
8. Place the lid back on the pan. Continue to simmer until the chicken is fully cooked and vegetables are tender, about 10-15 minutes.

Nutrition Facts Per Serving: Calories: 365 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 155 mg | Total Carbohydrate: 52 g | Dietary Fiber: 10.5 g | Protein: 21 g

Adapted from www.lyndasrecipebox.com | Submitted by Jessica Long MS, RDN, CD
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