

Braised Chicken Thighs with Spinach

Chicken thighs are cooked until golden brown then simmered in a rich onion, garlic, thyme, and rosemary sauce with tender spinach.

Makes: 4 servings

Prep Time: 10 minutes
Cook Time: 70 minutes

Source: www.myplate.gov

Ingredients

- 4 6-ounce bone in chicken thighs (skin removed)
- 1 teaspoon vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 small yellow onion (peeled and chopped), about 1/4 cup
- 3 cloves garlic (peeled and minced), about 3 teaspoons
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 cup water
- 1 package 10-ounce frozen spinach (or 1 bunch fresh spinach, about 1 cup)

Directions

1. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme, and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water, and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	185
Total Fat:	8 g
Saturated Fat:	2 g
Cholesterol:	112 mg
Sodium:	423 mg
Total Carbohydrates:	5 g
Dietary Fiber:	2 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	22 g

Utensils Needed

- Skillet
- Knife
- Cutting Board
- Measuring Spoons
- Mixing Spoon
- Liquid Measuring Cup
- Turner/Flipper

SHOPPING LIST

Average total cost without oil and seasonings: \$8.65

Average cost/serving: \$2.16

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Spinach (Frozen or fresh)



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Bone-In Chicken Thighs,
4.5-5.5 pounds

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve right away. Refrigerate any leftovers within 2 hours.

Cooking Tips

- Raw chicken thighs can be stored for up to 1-2 days in the fridge. If you do not have time to use the rest, you can freeze them! Chicken thighs can last up to 9 months in the freezer, stored in freezer bags.
- Spinach can be added to many dishes for extra vitamins and minerals. Check out www.snapedny.org for recipe inspiration and ideas!