



Pan Seared Chicken Thighs

Mix it up with spices and seasonings of your choice

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken thighs, bone in, trimmed	455 g
1/2 tsp	Salt	3 g
1/4 tsp	Black pepper, ground	.75 g
1 Tbsp	Oil	15 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat an oven to 400°F(200°C).
3. Pat the chicken dry to remove any moisture. Season both sides with salt and pepper.
4. Place a large pan on the stove over medium-high heat and add the oil. Heat the pan so it's hot but the oil is not smoking.
5. Carefully add the chicken to the pan skin side down. The meat should sizzle when you add it. If it doesn't then the oil is not hot enough and you should remove the chicken from the pan and wait for the oil to heat up more.
6. Cook the chicken on one side until it is a deep golden brown color. You can flip the chicken when it easily releases from the pan. If the meat is sticking to the pan then it is not ready, do not force it.
7. Place the pan with the chicken in the oven and cook for an additional 10-12 minutes or until the chicken has reached an internal temperature of 165°F (74°C).
8. Remove the pan from the oven. Allow the chicken to cool for about 5 minutes, then transfer the chicken from the pan to a plate and serve.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size

1 Thigh

Amount per serving

Calories **360**

Calories from Fat 250

Total Fat 28 g

Saturated Fat 7 g

Trans Fat 0 g

Monounsaturated Fat 12 g

Cholesterol 145 mg

Sodium 410 mg

Total Carbohydrate 0 g

Dietary Fiber 0 g

Total Sugars 0 g

Includes 0g Added Sugars

Protein 24 g

Vitamin D 1 %

Calcium 2 %

Iron 6 %

Potassium 310 mg

Phosphorus 235 mg
