



MEDITERRANEAN CHICKEN SKILLET

Intermediate Lifestyle

INGREDIENTS

2 TBS olive oil, divided	8 ounces fresh green beans, trimmed
4 (5-oz.) bone-in, skin-on chicken thighs	1 TBS finely chopped garlic
1 1/4 TSP kosher salt, divided	1 TBS drained and rinsed capers
1 TSP black pepper, divided	1 1/2 TSP chopped fresh oregano, plus more for garnish
1 large red onion (12 oz.), cut into 1/2-in. slices	1/3 cup dry white wine
4 cups cherry tomatoes	

INSTRUCTIONS

—Preheat oven to 450°F. Heat 1 TBS of oil in a large cast-iron skillet over medium-high. Sprinkle chicken on all sides with 3/4 TSP of salt and 1/2 TSP of pepper. Place chicken in skillet, skin side down; cook, undisturbed, until brown and crispy, about 8 minutes. Flip, and continue to cook until browned on other side, about 4 minutes. Transfer chicken to plate. (Chicken will not be cooked through.)

—Place onion slices in skillet in a single layer over medium-high; cook, undisturbed, until slightly charred, 4 to 6 minutes. Flip, and cook until charred on other side, about 2 minutes. Transfer to plate with chicken.

—Add tomatoes and remaining 1 TBS oil to skillet; cook, undisturbed, until blistered, about 4 minutes. Add green beans, garlic, capers, and oregano; cook until fragrant, about 1 minute. Sprinkle with remaining 1/2 TSP each salt and pepper. Stir in white wine. Place charred onions on top of tomato mixture; nestle chicken into tomato mixture.

—Bake in preheated oven until a thermometer inserted in thickest portion of chicken reaches 170°F, 12 to 15 minutes. Remove from oven, and garnish with oregano.

SERVING INFO: (Serves 4)

1 chicken thigh + 3/4 cup vegetables in sauce = 1 P, 1-1/2 V