

# Braised Chicken Thighs

**Yield:** 8 servings

**Serving size:** 1 chicken thigh



Braising starts with searing at a high temperature to develop caramelization, then moves to low, slow cooking to tenderize meats tender and create a flavorful liquid.

Nutrition Facts	
1 chicken thigh WITH SKIN	
Serving size (302g)	
Amount Per Serving	
<b>Calories</b>	<b>490</b>
% Daily Value*	
<b>Total Fat</b> 36g	46%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 190mg	63%
<b>Sodium</b> 440mg	19%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	66%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 512mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
1 chicken thigh NO SKIN	
Serving size (258g)	
Amount Per Serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 140mg	47%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 31g	62%
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 479mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS

- 2 TBSP olive oil
- 8 chicken thighs, skin trimmed (or skinless)
- ½ teaspoon Kosher salt
- 2 teaspoons ground black pepper, divided
- ½ cup white wine
- 1 onion, peeled and sliced
- 1 bell pepper, seeded and sliced
- 3 cloves garlic, minced
- 2 cups reduced-sodium chicken broth
- 1 bay leaf
- ½ teaspoon dried, rubbed thyme

## DIRECTIONS

1. Heat oil in a large saucepan (large enough to hold chicken comfortably) to medium-high heat.
2. Pat chicken dry with paper towel and season with salt and 1 teaspoon of pepper.
3. Place chicken in pan meaty- or skin-side down and cook for 4–5 minutes on each side. Remove chicken from pan and set aside.
4. Carefully pour white wine into pan and deglaze using a wooden spoon to scrape all the brown bits from the pan.
5. Add bell pepper and onion to the pan and gently sauté the vegetables for 2 minutes.
6. Add garlic and cook for 1 minute.
7. Add chicken broth, remaining pepper, bay leaf, and thyme back to the pan. Simmer for 2 minutes.
8. Reduce heat to medium-low. Add chicken to pan, cover, and simmer for 20 minutes.
9. Serve with White Bean and Brussel's Sprouts.

**Freezes well—Cool cooked chicken. Place in a freezer-safe container and freeze.**

**Vegetarian option: Substitute chicken with whole or sliced portabella mushrooms or extra firm tofu slices.**

