

Braised Chicken Thighs with Spinach

Serves 4



- 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)
- 3 cloves garlic (peeled and minced)
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 cup water
- 1 package 10-ounce frozen spinach (or 1 bunch fresh spinach)

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. Serve right away.

| Nutrition Facts | |
|--|----------------------------|
| Serving Size 1 cup prepared potatoes (247g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 185 | |
| % Daily Value * | |
| Total Fat | 8g |
| Saturated Fat | 2g |
| Trans Fat | |
| Cholesterol | 112mg |
| Sodium | 423mg |
| Total Carbohydrate | 5g |
| Dietary Fiber | 2g |
| Sugars | 1g |
| Protein | 22g |
| Vitamin D | 0mcg |
| Potassium | 667mg |
| Calcium | 94mg |
| Iron | 3mg |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat | 9 Carbohydrate 4 Protein 4 |

Source:
USDA Center for Nutrition Policy and Promotion

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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