

Braised Chicken Thighs with Spinach

Rating: ★

Cook time: 1 hour, 10 minutes

Makes: 4 Servings

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

Ingredients

- 4** 6-ounce bone in chicken thighs (skin removed)
- 1 teaspoon** 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)

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.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	185	
Total Fat	8 g	12%
Protein	22 g	
Carbohydrates	5 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	423 mg	18%

MyPlate Food Groups

Vegetables	1 1/4 cups
Protein Foods	3 ounces

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.

USDA Center for Nutrition Policy and Promotion