

RECIPE

Seasoned Crisp Chicken Thighs



Ready in **10-15 minutes**

Serves **1 person**

322 calories

52g. Protein

8g. Carbs

11g. Fat

♥Fitbrit

Ingredients

- 4 oz. Chicken Thighs
- 1 oz. Feta Cheese
- 2 Celery Stalks
- 1 c. Spinach
- ½ Bell Pepper
- 1 Tbsp. Butter
- ½ Tbsp. Paprika
- S&P to taste

Preparation

1. **Warm large skillet over medium heat, add 1 Tbsp butter.**
2. Place chicken thigh (keep skin on chicken) in skillet for about 5-7 min. Each side. Add seasoning to each side.
3. **Dice bell pepper and celery. Once chicken is almost cooked through, add veggies to skillet and cook for just 2-3 minutes.**
4. **Throw in a handful of spinach the last 30 seconds of cooking. Season veggies.**
5. Place veggies and chicken on small plate.
6. Top with feta cheese.

Tips

I pulled my chicken thighs out of freezer the night before so they were ready to cook. Another seasoning option is: **Stubb's Beef Rub**. Apply any season generously. Chicken thighs produce extra greece due to their high fat content, so i keep it in the pan and cook my veggies in it, it helps add flavor!