Chicken Thighs with Peppers

Preparation time 45 minutes

Makes 4 servings

Ingredients

- 4 skin-on, bone-in chicken thighs, about 2 pounds
- 3 Tbsp Adobo seasoning without the salt (recipe below)
- 4 red, orange or yellow bell peppers, sliced into strips
- 4 medium to large onion, sliced into strips
- 1 tablespoon olive oil
- 1/2 tsp salt
- Optional: 20 kalamata or green olives halved (skip salt if using the olives) and a bunch of fresh thyme sprigs

Adobo Seasoning Without the Salt – makes ½ cup

- 3 Tbsp garlic powder
- 3 Tbsp onion powder
- 2 Tbsp ground cumin powder
- 1 Tbsp oregano
- 1.5 tsp black pepper
- Mix well and store in a jar with a lid

Directions

1. Preheat oven to 400 degrees
2. Trim excess fat from chicken thighs, leaving just enough skin to cover the top surface
3. Mix 1/4 teaspoon of the salt with 3 tablespoons of adobo (skip salt if using olives)
4. Sprinkle chicken thighs all over with 3 tablespoons of the adobo.
5. Toss peppers and onions with 1 tablespoon olive oil and remaining 1/4 tsp of salt
6. Place thighs and vegetables on a large, rimmed baking sheet (or 2 sheets depending on the size)

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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7. Sprinkle with olives and thyme if using. Roast until veggies begin to caramelize and chicken juices run clear when pierced with a knife (a meat thermometer should read 170)

Nutrition

- Serving Size: 1 thigh, 3/4 cup veggies
- Calories 313, Carbs 22g, Added sugar 0g, Fiber 6g, Sodium 305mg
- Fat 16g, Saturated fat 3.5 g (2g w/o skin) Protein 24g

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org