



Crispy Chicken Thighs with Pasta and Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 8 ounces soup noodles
- ☐ 1 teaspoon pepper freshly ground
- ☐ 6 servings basil pesto
- ☐ 3.5 lb chicken thighs bone-in (7 thighs)
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ frying pan
- ☐ oven

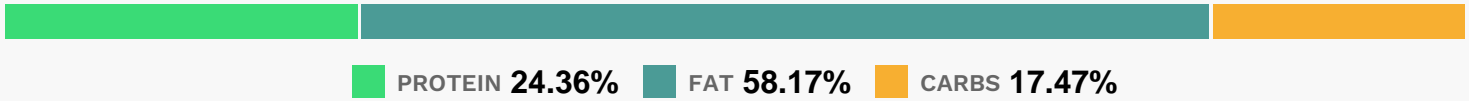
Directions

- ☐ Preheat oven to 400.
- ☐ Sprinkle chicken with salt, pepper, and paprika.
- ☐ Heat oil in a 12-inch cast-iron skillet over high heat until oil just begins to smoke.
- ☐ Place chicken in skillet, skin sides down; reduce heat to medium-high, and cook 15 minutes.
- ☐ Transfer chicken to a plate; discard drippings.
- ☐ Prepare pasta according to package directions. Toss with chicken broth and 3 Tbsp. Arugula Pesto.
- ☐ Add pasta mixture to skillet.
- ☐ Place chicken, skin sides up, on pasta.
- ☐ Bake at 400 for 25 to 30 minutes. Dollop with additional Arugula Pesto.
- ☐ Olives & Caperberries: Omit pasta, broth, and pesto. Prepare as directed through Step 10.
- ☐ Cut 1 lemon into 1/4-inch-thick rounds. Stir together 1 cup pitted large Spanish olives, 1 cup large caperberries with stems, 1/4 cup coarsely chopped almonds, and 1/4 cup dry white wine in skillet; add lemon slices.
- ☐ Place chicken, skin sides up, in skillet.
- ☐ Bake as directed.
- ☐ Sprinkle with parsley.
- ☐ Poblanos & Onions: Omit pasta, chicken broth, and pesto. Prepare recipe as directed through Step 10.
- ☐ Place 3 large poblano peppers, seeded and chopped, and 1/2 large white onion, chopped, in skillet.
- ☐ Place chicken, skin sides up, in skillet.
- ☐ Bake as directed.

- ☐
- Remove from oven, and top with 1/4 cup chopped fresh cilantro and 1/4 cup crumbled queso blanco.

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Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:11.39, Inflammation Score:-5, Nutrition Score:19.966956573984%

Nutrients (% of daily need)

Calories: 707.75kcal (35.39%), Fat: 45.09g (69.37%), Saturated Fat: 11.38g (71.11%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 28.87g (10.5%), Sugar: 1.68g (1.86%), Cholesterol: 222.39mg (74.13%), Sodium: 1236.34mg (53.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.48g (84.97%), Selenium: 66.13µg (94.47%), Vitamin B3: 11.19mg (55.97%), Phosphorus: 429.41mg (42.94%), Vitamin B6: 0.83mg (41.48%), Vitamin B5: 2.46mg (24.6%), Vitamin B12: 1.45µg (24.12%), Zinc: 3.38mg (22.57%), Manganese: 0.45mg (22.39%), Vitamin B2: 0.35mg (20.31%), Potassium: 560.79mg (16.02%), Magnesium: 64.04mg (16.01%), Vitamin B1: 0.21mg (13.97%), Iron: 2.19mg (12.15%), Copper: 0.24mg (11.8%), Vitamin A: 562.52IU (11.25%), Vitamin K: 8.2µg (7.81%), Fiber: 1.59g (6.37%), Calcium: 53.99mg (5.4%), Vitamin E: 0.7mg (4.69%), Folate: 13.69µg (3.42%), Vitamin D: 0.22µg (1.5%)