

Italian Roasted Chicken Thighs



Instructions

1. Heat oil in medium nonstick pan.
2. In a bowl mix salt, pepper, garlic powder, oregano, basil, and Italian seasoning.
3. Rub mixture into chicken thighs.
4. Cook each side for about 20-25 minutes. Or until crispy, golden brown

Tips

- When you to flip the chicken, if it is still stuck to the pan, it's not ready to be flipped. Wait until it detaches from the bottom of the pan and then flip
- Use a splatter screen if you have one. There won't be as much clean up
- Temperature of chicken should be about 165 degrees when its done cooking

Ingredients

Ingredients	Have it	Quantity
1 tablespoon Olive Oil	<input type="checkbox"/>	
4-5 Boneless Chicken Thighs	<input type="checkbox"/>	
Salt and Pepper	<input type="checkbox"/>	
Garlic Powder	<input type="checkbox"/>	
Oregano	<input type="checkbox"/>	
Basil	<input type="checkbox"/>	
Italian Seasoning	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
Serves well with		
Steamed broccoli	<input type="checkbox"/>	
Steamed carrots	<input type="checkbox"/>	
Roasted or Mashed Potatoes	<input type="checkbox"/>	
Balsamic Brussel Sprouts	<input type="checkbox"/>	
Over Salad	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	