

Cast Iron Chicken Thighs

Prep time: 5 minutes

Cook time: 35-40 minutes

Servings: 4

Ingredients:

4 boneless skinless chicken thighs

Sweet paprika (1/2 teaspoon-ish)

Onion powder (1/4 teaspoon-ish)

Salt (1 teaspoon-ish)



Instructions:

Preheat oven to 400 degrees

Heat a large cast iron skillet to medium high.

Place thighs on cutting board, “skin” side down, and liberally season with paprika, salt, and onion powder.

Once the skillet is hot, place the chicken thighs into the pan, spiced sides down. Cook for 6 minutes. Meanwhile, season the second side of the thighs with paprika, salt, and onion powder.

After 6 minutes, turn them over and cook for an additional 6 minutes. Remove the pan from the stove top, place in the oven, and continue to cook for 20-25 minutes or until the meat registers 170 degrees with a meat thermometer.

Serve with your favorite veggies.