

Mark's Kitchen

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Greek Chicken Thighs with Artichokes and Olives

Ready in: 35 minutes

Serves: 4 servings

This recipe, from my new book [*Eat Fat, Get Thin*](#), features traditional Mediterranean ingredients like lemon, oregano, artichokes, and olives, making for a delicious entree. Serve this dish in shallow bowls with the vegetables and juices poured over the top. Add a tossed green salad with a quarter of an avocado per person, dressed with vinaigrette, and you have a wonderful meal. Enjoy!

Ingredients:

- 8 bone-in, skin-on chicken thighs (about 2 1/2 pounds)
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon granulated garlic
- 1 medium onion
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 3 large garlic cloves, finely chopped
- 1 can (15 ounces) water-packed artichoke hearts, drained
- 4 ounces mixed, pitted Greek olives
- 1 1/2 cups low-sodium chicken broth
- 2 tablespoons fresh chopped oregano leaves (or 2 teaspoons dried oregano)
- 1 large lemon, sliced into thin rounds (preferably Meyer lemon)
- 2 tablespoons water
- 1 tablespoon arrowroot starch

Step 1: Trim any excess fat from the chicken thighs. Season the chicken with the salt, pepper, and granulated garlic.

Step 2: Cut the onion in half through the root end. Peel, then lay the onion flat on a cutting board and slice crosswise into thin half-moons.

Step 3: Heat 1 1/2 tablespoons of the oil in a heavy, wide-mouthed pan (3- to 4-quart braiser or sauté pan with a lid) over medium heat. When the oil is hot, add the chicken, skin side down. Cook until the skin is crisp and golden brown, 7 to 9 minutes. Remove the chicken thighs from the pan to a plate or rimmed baking sheet and set aside.

Step 4: To the same pan, add the onions and cook until softened, 3 to 4 minutes. Then add the chopped garlic and cook 1 minute more. Add the artichoke hearts, olives, broth, remaining olive oil, and oregano. Add the chicken thighs back into the pan and top the chicken with the lemon slices.

Step 5: Bring the mixture to a strong simmer, put the lid on, and reduce the heat to medium-low. Simmer over low heat for 12 to 13 minutes or until the thighs reach an internal temperature of 165°F when measured with a digital thermometer.

Step 6: To serve, place the chicken thighs in shallow bowls and pour the vegetables and jus over the top. If you prefer thicker gravy, whisk together 1 tablespoon arrowroot starch and 1 tablespoon cold water in a small bowl until smooth. Remove the chicken thighs from the pan and stir the arrowroot mixture into the juices and stir. Cook for 1 to 2 minutes, until the juices thicken into gravy.

Nutritional analysis per serving (2 thighs and a quarter of the vegetables and sauce): calories 450, fat 25 g, saturated fat 4 g, cholesterol 160 mg, fiber 4 g, protein 39 g, carbohydrate 24 g, sodium 690 mg