

PAPRIKA CHICKEN WITH CHICKPEAS

Perfect for those looking to add a little bit of spice into their life. This dish pairs great with a side salad to make the perfect dinner for a night in. Top with fresh cilantro or parsley to add even more flavor.

Yield: 6 servings

Serving Size: 1 thigh and ½ cup chickpeas

Ingredients

- 1 Tbsp. paprika
- ¾ tsp. salt
- ¾ tsp. black pepper
- ½ tsp. garlic powder
- ¼ tsp. ground oregano
- 2 pounds boneless, skinless chicken thighs, trimmed of excess fat
- 1 medium onion, thinly sliced
- 2 cans (15.5 oz each) low-sodium chickpeas, drained and rinsed
- 2 Tbsp. olive oil
- 1 tsp. lemon zest
- 1 Tbsp. lemon juice
- ¼ cup chopped fresh cilantro or parsley

Directions

- Coat chicken with spices:** Stir together the paprika, salt, garlic powder, pepper, and ground oregano in a large bowl. Place the chicken thighs in the bowl and toss to coat completely with the spices. You can do this several hours ahead, or right before cooking. The longer the chicken sits in the rub, the more the flavors will permeate.
- Preheat oven to 350°F**
- Layer a casserole dish with sliced onions:** Place the thinly sliced onion in the bottom of a casserole dish large enough to hold the chicken pieces with room in between. Toss with about 1 tsp. of the olive oil and spread out in an even layer at the bottom of the dish.
- Add chickpeas, lemon, oil to chicken:** Add drained chickpeas, lemon zest, lemon juice, and remaining olive oil to the bowl with the chicken and spices. Toss to coat the chicken evenly with the lemon and oil, and make sure that the chickpeas are coated with the spice mixture as well.
- Arrange chicken and chickpeas over onion slices:** Arrange chicken pieces on top of the sliced onions in the casserole dish. Arrange the chickpeas between the chicken pieces.
- Bake:** Bake uncovered at 350°F for 40-45 minutes, or until the internal temperature of the chicken thighs is at least 165°F when tested with a meat thermometer, and the top is lightly browned. Sprinkle with chopped fresh cilantro or parsley.



Nutrition Facts

6 servings per container	
Serving size	
1 thigh and 1/2 cup chickpeas (326g)	
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 620mg	27%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0.2mcg	0%
Calcium 80mg	6%
Iron 3.7mg	20%
Potassium 620mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.