



## Skillet Honey-Lemon Chicken Thighs with Potatoes & Shallots\*

Makes 4 servings. Recipe from EatingWell.

### Ingredients

2 large lemons  
1 tablespoon extra-virgin olive oil plus 1/4 cup, divided  
4 bone-in chicken thighs, (about 6 ounces each), skin removed  
3/4 teaspoon salt, divided  
1 1/2 pounds baby Yukon Gold potatoes, halved lengthwise  
2 medium shallots, quartered  
1 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon dried rosemary  
1 1/2 tablespoons honey  
1 teaspoon ground pepper

### Nutritional info

Calories:	504
Total Fat:	23g
Cholesterol:	140mg
Sodium:	588mg
Protein:	33g
Carbohydrates:	42g

\*Photo does not accurately represent recipe.

### Directions

1. Preheat oven to 450°F.
2. Juice 1 lemon to yield 1/4 cup juice. Slice the remaining lemon into 1/2-inch-thick slices. Set aside.
3. Heat 1 tablespoon oil in a 12-inch cast-iron skillet over medium-high heat. Sprinkle chicken evenly with 1/4 teaspoon salt. Add the chicken, smooth-side down, to the pan; cook, undisturbed, until golden brown on the bottom, about 5 minutes. Flip and cook until lightly browned on the other side, about 2 minutes. Transfer the chicken to a plate.
4. Add the lemon slices to the drippings in the pan; cook over medium-high heat, undisturbed, until charred on the bottom, about 1 minute. Remove the pan from the heat. Add potatoes, shallots, thyme, oregano, rosemary and the remaining 1/2 teaspoon salt to the pan, stirring to coat. Nestle the chicken into the mixture in the pan. Bake for 15 minutes.
5. Meanwhile, whisk the reserved 1/4 cup lemon juice, honey, pepper and the remaining 1/4 cup oil in a small bowl.
6. Drizzle the lemon juice mixture all over the chicken-vegetable mixture. Bake until the potatoes are tender and an instant-read thermometer inserted into the thickest portion of chicken registers 165°F, 5 to 7 minutes. Spoon the pan drippings over the chicken and vegetables before serving.