



*Yummy, Simple & Fast*  
Baked  
**CHICKEN THIGHS**



## **YUMMY, SIMPLE & FAST BAKED CHICKEN THIGHS**

**Prep Time:** 5 minutes

**Bake Time:** 20-25 minutes

**TOTAL TIME:** 30 minutes

**Servings:** 5-6

### **Ingredients**

- 1 package of 5-6 Organic Chicken Thighs
- 4-5 Tablespoons Coconut oil or bacon grease
- ½ teaspoon ground powdered mustard
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon paprika
- Salt & pepper

### **Directions**

1. Preheat the oven to 400 degrees F. In a large skillet on low, melt oil of choice. Add chicken thighs and coat well. Add seasonings to both sides then turn up heat to medium. Cook for 2 minutes, flip and cook the other side for 2 minutes.
2. Transfer chicken and all the oil to a baking dish and bake for 20-25 minutes, until chicken is thoroughly cooked, 165 degrees F.
3. Serve chicken with your favorite vegetables and pour the oil over everything!





# Yummy, Simple and Fast Baked Chicken Thighs

## [PRACTICE NAME] Recipes

I don't normally have a lot of time to make dinner. Thirty minutes, if I'm lucky. So I'm always looking for recipes that are fast, but healthy and most important, yummy tasting! That's why I love this recipe so much. It is mouth-watering, finger-lickin' good!

And if you're a "breast" person, I encourage you not to substitute here. Something about the thighs make them taste WAY better than breasts. So, give it a shot and get some organic chicken thighs and I bet you'll never go back. I think you'll find it'll become one of your go-to recipes. So, let's get to it!

**Servings:** 5-6 **Prep Time:** 4 minutes **Bake Time:** 20-25 minutes

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## Ingredients

- 1 package of 5-6 Organic Chicken Thighs
- At least 4-5 Tablespoons Coconut oil or bacon grease(!), you may need more
- ½ teaspoon ground powdered mustard
- ½ teaspoon garlic powder

- 1/2 teaspoon onion powder
- 1 teaspoon paprika
- Salt & pepper

## Directions

1. Preheat oven to 400 degrees. In a large skillet on low, melt oil of choice.
2. Add chicken thighs (please try these instead of breasts!) and coat well.
3. Add seasonings to both sides then turn up heat to medium. Cook for 2 minutes, then flip and cook other side for 2 minutes.
4. Transfer chicken and all the oil to a baking dish and bake for 20-25 minutes, until chicken is thoroughly cooked.
5. Serve chicken with your favorite vegetables and pour the oil over everything!

[one\_fourth]



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*I hope you and your family and friends enjoy this recipe.*

*-Michelle*

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**[PRACTICE NAME] Recipes | [PRACTICE PHONE]**