

# SMOKED PAPRIKA AND GARLIC DUSTED CHICKEN THIGHS



**DIFFICULTY**

EASY



**TIME**

20 MIN



**SERVES**

4-6

## INGREDIENTS

1 lb Boneless, Skinless Chicken Thighs  
(about 4-5 thighs)  
1 Tbsp Cooking Oil  
½ tsp or more of Sea Salt  
1 Tbsp Smoked Paprika  
2 tsp Garlic Powder  
½ tsp Ground Cumin

## DIRECTIONS

1. Preheat the Oven to 350 Degrees
2. Pat dry the chicken thighs and season with the sea salt
3. Heat 1 Tbsp of cooking oil over medium-high heat
4. Place the chicken thighs into the sauté pan. Cook for 3 minutes or until lightly browned
5. Turn over the chicken thighs and sprinkle the tops of thighs evenly with the smoked paprika, garlic powder and cumin. Season with extra salt (if desired). Turn off the heat
6. Place the entire pan into the preheated oven and cook the chicken thighs for 10-12 minutes
7. Remove the pan from the heat.

## NUTRITION FACTS PER SERVING

Calories: 245   Fat: 11.9g (Saturated Fat: 2.8g)   Carbohydrates: 0g   Fiber: 0g   Sugar: 0g   Protein: 32.8g



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