

Skillet Roasted Chicken Thighs and Kale (Serves 1-2)

<http://www.wholelifeeating.com/2012/04/skillet-roasted-chicken-thighs-and-kale/>

Walking endlessly in the cold, the wind, and the drizzle in Washington, DC wore my wife and I down. She started feeling bad near the end of our trip, but I waited until we had been home for three days. I made a run to the store for meat on Sunday and my farm connection had delivered two baskets of kale on Saturday, so I had the makings of a few simple meals by the time I started feeling bad. My first sick meal was Skillet Roasted Chicken Thighs and Kale. I've never roasted kale by itself in a skillet with meat before. I was afraid the kale would dry out and burn without other vegetables and their moisture present. My choices were limited, however, so I tried it and liked it. Some of the kale became crunchy kale chips, but some remained moist and the combination of two chicken thighs and a cast iron skillet stuffed with kale proved good.



Prep and Cook Time: 40-45 minutes

Ingredient list:

- 2 chicken thighs (bone-in, skin on)
- 3-4 big handfuls of kale
- Coconut oil
- Black pepper
- Garlic powder
- Salt

Directions: Pre-heat oven to 400 degrees. Rinse kale and cut into bite-size pieces. Add 1 tablespoon of coconut oil to a cast iron skillet over high heat. Season chicken thighs on both sides with salt, garlic powder, and black pepper. Add chicken to hot skillet and brown one side 4 minutes and then turn so the other side can brown 4 minutes. Add kale to the extent there is room in the skillet. Use a wooden spoon to tuck kale into corners where possible. Dust the kale with a little salt and garlic powder. Place lid on skillet and move to

the oven. Let everything roast together for 30 minutes at 400 degrees. When done, pull from the oven and transfer to plates. Enjoy!

Notes: When I bring kale home from the farm (or when my farmer delivers), I rinse the whole load immediately and then use kitchen shears to cut the kale into bite-size pieces before storing it in the refrigerator in air-tight containers. I've heard some authorities advise not rinsing kale until just before you want to use it, but I have been happy with my kale washed and ready to cook. When I first started eating kale, I stripped the leaves from the stems and discarded the stems, but now I eat them. Stems cut into one inch lengths cook and eat nicely, so I eat everything above the roots now.

My cast iron skillet is a 12-inch Lodge Logic with matching iron cover. A cast iron skillet might be the greatest cooking tool ever. The 12-inch size is seriously heavy when loaded with food and big enough to cook for a family, but I don't think I could get enough vegetables in a 10-inch skillet to satisfy me. Lodge is a great brand of cookware. Check it out in my online Store.