

Skillet Roasted Chicken Thighs, Eggplant, Yellow Pepper, Broccoli, Carrots, and Tomatoes (Serves 1-2)

<http://www.wholelifeeating.com/2012/08/skillet-roasted-chicken-thighs-eggplant-yellow-pepper-broccoli-carrots-and-tomatoes/>

How many colors can you fit in one skillet? I got six - brown (chicken), black (eggplant), yellow (bell pepper), green (broccoli), orange (carrots), and red (tomatoes). Colorful meals are healthy meals and this one tasted great too.



Prep and Cook Time: 40-45 minutes

Ingredient list:

- 4 bone-in, skin-on chicken thighs
- 3-5 small eggplant
- 1 yellow bell pepper
- 1 head of broccoli
- 1 handful of baby cut carrots
- 3-5 fresh tomatoes
- Coconut oil
- Red chili powder
- Garlic powder
- Black pepper
- Ground cumin
- Salt

Directions: Pre-heat oven to 400 degrees. Cut eggplant, pepper, and broccoli into bite-size pieces.

Pile in a bowl and add carrots. Season with a dusting of salt, garlic powder, ground cumin, and a little red chili powder. Cut tomatoes into bite-size pieces and set aside. Add 1 tablespoon of coconut oil to a cast iron skillet over high heat. Dust both sides of chicken with salt, garlic powder, and black pepper. Brown chicken 4 minutes on one side and then turn to brown the other side another 4 minutes. Cover with a close-fitting lid while browning to minimize splatter. While the second side is browning, add all vegetables to the skillet and arrange around the chicken thighs. Return lid to skillet. Once the second side has had 4 minutes to brown, move the skillet to the oven and let everything roast together for 30 minutes at 400 degrees. When done, pull from the oven and transfer to plates. Enjoy!

Notes: I tend to eat a pound of vegetables in one sitting when they are cooked with chicken thighs, but I am a big eater.

The inspiration for this meal came from page 29 of Melissa Joulwan's new cookbook Well Fed: Paleo Recipes For People Who Love To Eat. Melissa's recipe calls for skinless, boneless chicken thighs, but I like the extra fat produced by the skin. And I save chicken bones to make my own broth.

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.