

## Single-Skillet Chicken Thighs with Asparagus and Red Pepper

Servings: 1 to 2

### Ingredients:

- 2 medium chicken thighs, bone-in, skinless
- ¼ teaspoon kosher salt, divided
- freshly ground pepper
- 2 teaspoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- ½ teaspoon paprika
- 1 teaspoon Dijon mustard
- ½ bunch asparagus, woody ends trimmed
- 1 red bell pepper, cored and thinly sliced

### Preparation:

1. Preheat the oven to 425°F.
2. Use paper towels to thoroughly dry the chicken thighs.
3. Season them with ⅛ teaspoon salt and pepper.
4. Heat oil in a large cast iron skillet over medium-high heat. When the skillet is hot, add the seasoned chicken thighs, and cook just until the underside is lightly browned, about 3 minutes.
5. While the chicken browns, combine the remaining ⅛ teaspoon kosher salt, vinegar, paprika, and mustard in a large mixing bowl and whisk to combine.
6. Add the asparagus and sliced bell pepper to the mixing bowl, and toss to coat the vegetables in the vinegar mixture.
7. After the chicken has been cooking for about 3 minutes, add the vegetables to the skillet, scattered around the chicken thighs. (You want the chicken to stay in contact with the bottom of the pan so that it keeps browning.)
8. Put the skillet in the oven and roast everything for 10 minutes. Take the skillet out, stir the vegetables, and flip the chicken thighs. Put the skillet back in the oven about 10 more minutes until the thighs are cooked through (a meat thermometer inserted into the thickest part of the thigh should read 165°F, and there should be no pink when you cut into the meat).
9. When the chicken is cooked, take the skillet out of the oven and use a spoon or spatula to remove the chicken and vegetables from the skillet. Put one chicken thigh on a plate with the asparagus and red pepper.

**Source:** BuzzFeed Clean Eating (MyFitnessPal.com)