

YIELD: 6-8

Oven Roasted Lemon Chicken Thighs with Artichokes and Kalamata Olives

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Ingredients

3 lbs boneless skinless chicken thighs

1 tsp each sea salt, oregano, basil

½ tsp ground black pepper

12 ounces artichoke hearts (I used frozen from Trader Joes, canned would work too just make sure not packed in oil)

2/3 cup kalamata olives

1/2 red onion sliced thin

3 lemons sliced into thin circles

4 cloves garlic, peeled and minced

½ c white wine (or chicken broth or water)

2 Tbsp Lemon juice

2 Tbsp butter, cut into pieces

Instructions

Preheat oven to 375 Deg f

In a roasting pan evenly place the slices from one of the lemons, half the red onion slices and the garlic.

Rinse and pat dry the chicken thighs and place in the roasting pan. Season with the salt, pepper, oregano and basil.

Top with the artichoke hearts, remaining lemon slices and red onions tucking some in-between the chicken thighs. Sprinkle the olives on top.

Combine the white wine and lemon juice and then pour on top of the chicken. Sprinkle the butter pieces over the chicken

Cover with foil and roast for 30 min. Uncover and roast for 10-20 more minutes checking every 5 min for doneness.

Serve hot. Goes great over rice with some of the sauce from the pan on top.

Notes

If you use bone in skin on chicken thighs the cooking time will take longer.

If you use frozen artichoke hearts thaw them first.

Chicken Breasts work great with this recipe too, just check more often to make sure they don't dry out since they tend to dry out faster than thighs do or you can cut the breasts into strips and cook them that way and they will roast faster than whole breasts.

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