

## Pan Seared Chicken Thighs with Lemon and Herbs

Gone are the days that we pan sear chicken with added oil. Thinking back to the days we used to fry up chicken in 6 inches of lard with a dollop of bacon fat. Whew. Times have changed. Now days, we routinely make this flavor-forward dish for simple weeknight dinners, and we hope it becomes a staple in your house too. 21 Seasoning Salute, a spice combo from Trader Joe's, is a staple in our kitchen. It offers up that "je ne sais quoi" that takes chicken to the next level. Easy, simple, yum! Run, don't walk, over to the Joe's. Fresh thyme ratchets up the chicken a few more notches if ya have it on hand. Cheers to easy week night fare that delights the fam!

1 1/2 lbs boneless, skinless chicken thighs (about 5)  
1 Tbsp freshly chopped thyme(optional)  
Sprinkle of 21 Seasoning Salute, from Trader Joes (see tip)  
Squeeze of fresh lemon (1/2)

Preheat the electric oil skillet (EOS) to 425 degrees. Rinse the chicken and pat dry with paper towels. Season chicken thighs lightly and evenly with salt and pepper. When the pan is preheated (no more blinking on the left side of the probe) and very hot, add the chicken (skin side down). Cook until golden brown on one side, 6-8 minutes. Turn the chicken and reduce the heat to 250 degrees. Season with a little more salt and pepper, fresh thyme, 21 Seasoning Salute, and a squeeze of fresh lemon. Cover chicken with a lid and cook until chicken is just cooked through, 3-4 minutes. This will vary depending on how big your thighs are. (If you are unsure about whether your chicken is done, remove a thigh from the pan and cut into the center and take a look. The flesh should look opaque, put a hint of pink is ok.) Serve warm.  
Serves 2-4

Tip: 21 Seasoning Salute is a yummy blend of herbs, onions and shallots that we purchase from Trader Joes. If you don't have it on hand, you could substitute a little onion powder, garlic powder and/or dehydrated shallots over the chicken instead.

Note: If you are NOT using an EOS, a 10-inch(medium) gourmet skillet works well. Also, an 11-inch skillet is great. Preheat pan over high heat. You can sprinkle water into the pan and see if it skittles as a test. After you add the seasoned chicken, reduce heat to medium and cook for 6-8 minutes just like in the EOS. Turn the chicken and reduce the heat to low. Season with a little more salt and pepper, fresh thyme, 21 Seasoning Salute, and a squeeze of fresh lemon. Cover chicken with a lid and cook until chicken is just cooked through, 3-4 minutes. This will vary depending on how big your thighs are. Serve warm.

