Easy Skillet Chicken with Root Vegetables
Makes 4 (1 thigh with 1 cup of vegetables) servings

Ingredients:
- 1 cup sweet potato, pieces
- 1 cup rutabaga, pieces
- 1 cup turnip, pieces
- ½ cup parsnip, pieces
- ½ cup onion, chopped
- 1 clove, garlic, minced
- 4 chicken thighs
- 1 tablespoon canola oil
- ½ cup water
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- ¼ teaspoon thyme

Directions:
1. Wash and peel sweet potato, rutabaga, turnip, and parsnip; cut into ½ inch pieces. Cutting the root vegetables into small pieces will reduce the cooking time.
2. Chop onion. Peel and mince garlic. Place the onion and garlic in a bowl.
3. Remove skin, bone, and excess fat from chicken thighs. Cut each thigh in half to decrease cooking time.
4. Heat oil in skillet over medium heat. Add onion and garlic slowly to avoid splatters and burns; sauté 1 to 2 minutes.
5. Add chicken pieces slowly; sauté 2 to 3 minutes; turn and continue sautéing 2 to 3 minutes.
6. Add sweet potato, rutabaga, turnip, parsnip, water, salt, pepper, and thyme spreading around and over the chicken. Cover and bring to a boil.
7. Reduce heat and simmer 30 to 45 minutes.
8. Check for doneness by using a Dial Instant Read thermometer. It is done when the chicken has an internal temperature of 165° F.

Source: Cooking Up Fun! Vary Your Vegetables

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by Expanded Food and Nutrition Education Program.