Easy Skillet Chicken with Root Veggies

Ingredients:
1 cup sweet potato, pieces
1 cup rutabaga, pieces
1 cup turnip, pieces
1/2 cup parsnip, pieces
1/2 cup onion, chopped
1 clove, garlic, minced
4 chicken thighs
1 Tablespoon canola oil
1/2 cup water
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 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 parsnip, rutabaga, sweet potato, turnip, 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.

Yields about 4 servings

Source: Cooking Up Fun! Vary Your Vegetables, Session 4B

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

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