

SKILLET CHICKEN AND VEGETABLES

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Flavorful chicken thighs plus a variety of vegetables and small potatoes make this a healthy, well-rounded dish that can be prepared in a hurry. This has been a family mainstay in our house for a long time.

4 chicken thighs with skin and bones, about 1½ pounds

1 tablespoon paprika

1 teaspoon seasoned salt (such as Montreal Chicken Seasoning or other poultry seasoning of your choice)

Freshly ground black pepper, to taste

3 tablespoons vegetable oil

¾ pound small red or white skinned potatoes, halved

1 small bell pepper (green, red, or yellow), stem, ribs, and seeds removed, cut into small chunks

2 large carrots, peeled, cut into 1-inch pieces

1 cup sliced mushrooms

1 tablespoon all-purpose flour

1 cup canned low-sodium chicken broth

½ cup dry white wine

Chopped fresh parsley, optional, for garnish

Sprinkle chicken on all sides with paprika, seasoned salt, and pepper. Heat oil in heavy large skillet over medium-high heat. Add chicken and sauté until brown, about 3 minutes per side. Transfer chicken to plate. Add onion and cook, stirring frequently, for 3 minutes. Add potatoes, bell pepper, carrots, and mushrooms and cook, stirring frequently, for 2 minutes.

Sprinkle vegetables with flour and stir to coat. Slowly stir in broth and wine; bring to a boil, stirring frequently. Return chicken thighs and any juices on the plates to skillet; bring to boil.

Reduce heat to medium-low. Cover and simmer until chicken is cooked through, about 30 minutes. Season to taste with salt and pepper. Sprinkle with parsley, if desired, and serve.

Serves 4.