

Italian Chicken and Rice

Serves 6

Preheat oven to 350 degrees

6 bone-in chicken thighs, skin removed

Cooking spray

Italian seasoning to taste

Salt and pepper to taste

2 tablespoons butter

1 onion diced medium (1 cup)

2 cloves garlic minced fine

1 ½ cups uncooked rice

1 ½ cups chicken stock

1 cup water

¼ cup dry white wine

1. Lightly coat the chicken thighs with cooking spray and season to taste with the Italian herbs and salt. Set aside.
2. Place a medium saucepan over medium heat and add the butter and onions. Sauté until lightly browned; about 5 minutes. Add the garlic and rice and sauté for 1 minute. Spread the onion rice mixture evenly onto the bottom of a 9x13 baking dish.
3. Place the seasoned chicken thighs on top of the rice and add the stock and water. Cover pan tightly with foil and bake for 30 minutes. Remove the foil and bake an additional 20 minutes.

TIP: Broil the finished dish for 2 minutes to caramelize the chicken and add a light crust layer to the rice.

Suggested wine: Sauvignon Blanc