

Skillet Chicken with Tomatoes, Mushrooms and Peas

Kobls.com
Food Network Magazine

Servings: 4

8 (about two pounds) chicken thighs
Kosher salt
freshly ground black pepper
1 tablespoon extra-virgin olive oil
3 cups (8 ounces) sliced button mushrooms
2 cloves garlic, sliced
2 tablespoons all-purpose flour
1 cup white wine
2 plum tomatoes, diced
1/2 cup frozen peas, thawed
1 tablespoon fresh parsley, chopped
buttered egg noodles (for serving)

Preheat the oven to 375 degrees.

Sprinkle the chicken with some salt and pepper. In a three-quart stainless steel ceramic skillet over medium-high heat, heat the oil. Add the chicken, skin-side down. Cook until golden, about 5 minutes. Flip the chicken. Cook 1 minute more. Transfer the chicken to a plate.

Add the mushrooms to the skillet. Cook for 1 minute, stirring. Add the garlic. Cook, stirring, until fragrant and beginning to color, about 2 minutes. Stir in the flour to coat. Cook for 30 seconds.

Add the wine. Cook for 2 minutes. Add the tomatoes and 3/4 teaspoon of salt. Nestle the chicken back in the sauce, skin-side up. Bring to a simmer. Transfer the skillet to the oven.

Cook until the chicken easily pulls away from the bone, about 40 minutes.

Stir in the peas. Cook to heat through, about 2 minutes more.

Sprinkle with the parsley. Serve with buttered egg noodles.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 504 Calories; 32g Fat (63.3% calories from fat); 34g Protein; 8g Carbohydrate; 1g Dietary Fiber; 158mg Cholesterol; 170mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	504	Vitamin B6 (mg):	.5mg
% Calories from Fat:	63.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	6.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	29.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	32g	Folacin (mcg):	35mcg
Saturated Fat (g):	9g	Niacin (mg):	11mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	40
Cholesterol (mg):	158mg	% Refused:	0.0%
Carbohydrate (g):	8g		
Dietary Fiber (g):	1g	Food Exchanges	
Protein (g):	34g	Grain (Starch):	1/2
Sodium (mg):	170mg	Lean Meat:	4 1/2
Potassium (mg):	519mg	Vegetable:	1/2
Calcium (mg):	34mg	Fruit:	0
Iron (mg):	3mg	Non-Fat Milk:	0
Zinc (mg):	3mg	Fat:	3 1/2
Vitamin C (mg):	15mg	Other Carbohydrates:	0
Vitamin A (i.u.):	645IU		
Vitamin A (r.e.):	120RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 504 Calories from Fat: 319

% Daily Values*

Total Fat	32g	50%
Saturated Fat	9g	43%
Cholesterol	158mg	53%
Sodium	170mg	7%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	5%
Protein	34g	
Vitamin A		13%
Vitamin C		25%
Calcium		3%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.