

# Lemon Chicken Thighs

Recipe By :Rotten-Bill

Serving Size : 5 Preparation Time :0:20

Categories : Entrées & Main Dishes Poultry

Amount	measure	Ingredient	Preparation Method
10	large	chicken thighs	
3	tablespoons	bacon fat	
3	sprigs	fresh thyme	Stripped
1/2		large onion	Sliced
2	cloves	garlic	Chopped
1	medium	shallot	chopped
3	medium	Lemon	Zested and juiced
1	Teaspoon	dried dill	
1	Teaspoon	dry mustard	
1	teaspoon	cornstarch	
1	can	chicken broth	

Pre heat oven 350 Deg. F

In a 1 1/2 Qt pan heat 1 Tblsp Bacon fat add thyme, onions, garlic, shallots, lemon zest & juice and the dried dill.

Mix the chicken broth, mustard and cornstarch, add to the onion mix and cook to thicken. set aside

In a large sauté pan brown and season the chicken (Go light on salt if broth is salted).

Cover chicken with onion mixture cover pan and cook in oven for about 30 min.

Source:

"Inspiration"

Start to Finish Time:

"0:50"

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Per Serving (excluding unknown items): 493 Calories; 37g Fat (67.3% calories from fat); 34g Protein; 6g Carbohydrate; 1g Dietary Fiber; 166mg Cholesterol; 341mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Suggested Wine: Red