Italian Chicken Thigh Recipes

Boneless chicken thighs simmer in a tomato, garlic and herb sauce with olives. Serve this one-pan main with pasta or rice and choose from four vegetable variations.



PREP 15 min **COOK 40 min** **SERVES 4** **EASY**

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp olive oil
- 1 small yellow onion, thinly sliced
- 3 garlic cloves, minced
- 1 can (14.5 oz / 411 g) diced tomatoes
- 1/2 cup (120 ml) low-sodium chicken broth
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- 1/3 cup (45 g) pitted olives
- 2 tbsp chopped parsley

Ingredient notes: This one-pan tomato-herb thigh recipe is the base for the variations. Pat thighs dry and leave room in the pan for browning.

Method

1. Pat thighs dry; season with salt and pepper. Heat oil in a deep skillet over medium-high heat.

2. Brown thighs for 4 minutes per side in batches; transfer to a plate.

3. Add onion and cook 4 minutes. Stir in garlic, oregano and basil for 30 seconds.

4. Add tomatoes and broth, scraping the skillet. Return chicken and juices to the pan. Cover and simmer gently for 18 to 22 minutes, turning once, until the thickest portion reaches 165°F (74°C).

5. Stir in olives and simmer uncovered 3 minutes. Finish with parsley.

Doneness and food safety

Cook every chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several of the largest meatballs or diced pieces. Chicken casseroles and reheated leftovers also need 165°F (74°C). Color and timing do not replace a thermometer.

Tips

Boneless thighs are forgiving and cook more evenly when similar in size. Simmer gently so the sauce does not reduce too quickly.

Common mistakes

Do not skip browning; it adds flavor to the sauce. Avoid cooking the thighs at a rapid boil.

Variations

Pepper and olive: Add 1 sliced bell pepper with the onion.
Mushroom: Add 8 ounces (225 g) sliced mushrooms and brown before adding tomatoes.
Spinach: Wilt 2 cups baby spinach into the finished sauce.
Lemon herb: Stir in 1 teaspoon lemon zest and 1 tablespoon lemon juice just before serving.

Serving

Divide the chicken and sauce among 4 plates. Serve with separately prepared rice, pasta, potatoes or vegetables; these optional sides are not included in the measured recipe.

Storage

Refrigerate leftovers promptly in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not wait for a large batch to cool completely on the counter.

Freezing

Freeze promptly cooled chicken and sauce in airtight portions at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. A breaded coating or potatoes may soften after freezing.

Reheating

Reheat covered on the stovetop or in a microwave with a splash of water or broth, stirring or turning for even heating. Check several thickest portions for 165°F (74°C). Reheat on the stove rather than in a slow cooker.

Nutrition: Not calculated.