



# Mark's Kitchen

---

Greek Chicken Thighs with

Artichokes and Olives



READY IN  
35 minutes



SERVES  
4

This recipe, from my new book *Eat Fat, Get Thin*, features traditional Mediterranean ingredients like lemon, oregano, artichokes, and olives, making for a delicious entree. Serve this dish in shallow bowls with the vegetables and juices poured over the top. Add a tossed green salad with a quarter of an avocado per person, dressed with vinaigrette, and you have a wonderful meal. Enjoy!

[View This Recipe Online](#) | [Download Print Ready PDF](#)

---

### – INGREDIENTS –

- 8 bone-in, skin-on chicken thighs (about 2 1/2 pounds)
  - 1 / 4 teaspoon sea salt
  - 1 / 4 teaspoon freshly ground black pepper
  - 1 / 4 teaspoon granulated garlic
  - 1 medium onion
  - 2 1 / 2 tablespoons extra-virgin olive oil, divided
  - 3 large garlic cloves, finely chopped
  - 1 can (15 ounces) water-packed artichoke hearts, drained
  - 4 ounces mixed, pitted Greek olives
  - 1 1 / 2 cups low-sodium chicken broth
  - 2 tablespoons fresh chopped oregano leaves (or 2 teaspoons dried oregano)
  - 1 large lemon, sliced into thin rounds (preferably Meyer lemon)
  - 2 tablespoons water
  - 1 tablespoon arrowroot starch
- 

### Step 1

Trim any excess fat from the chicken thighs. Season the chicken with the salt, pepper, and granulated garlic.

---

### Step 2

Cut the onion in half through the root end. Peel, then lay the onion flat on a cutting board and slice crosswise into thin half-moons.

---

### Step 3

Heat 1 1/2 tablespoons of the oil in a heavy, wide-mouthed pan (3- to 4-quart braiser or sauté pan with a lid) over medium heat. When the oil is hot, add the chicken, skin side down. Cook until the skin is crisp and golden brown, 7 to 9 minutes. Remove the chicken thighs from the pan to a plate or rimmed baking sheet and set aside.

---

### Step 4

To the same pan, add the onions and cook until softened, 3 to 4 minutes. Then add the chopped garlic and cook 1 minute more. Add the artichoke hearts, olives, broth, remaining olive oil, and oregano. Add the chicken thighs back into the pan and top the chicken with the lemon slices.

---

### Step 5

Bring the mixture to a strong simmer, put the lid on, and reduce the heat to medium-low. Simmer over low heat for 12 to 13 minutes or until the thighs reach an internal temperature of 165°F when measured with a digital thermometer.

---

### Step 6

To serve, place the chicken thighs in shallow bowls and pour the vegetables and jus over the top. If you prefer thicker gravy, whisk together 1 tablespoon arrowroot starch and 1 tablespoon cold water in a small bowl until smooth. Remove the chicken thighs from the pan and stir the arrowroot mixture into the juices and stir. Cook for 1 to 2 minutes, until the juices thicken into gravy.

---

#### **ⓘ Nutritional analysis per serving**

Nutritional analysis per serving (2 thighs and a quarter of the vegetables and sauce): calories 450, fat 25 g, saturated fat 4 g, cholesterol 160 mg, fiber 4 g, protein 39 g, carbohydrate 24 g, sodium 690 mg

---

