

One Pan Chicken Thighs & Lentils

Nutrition Naturally Forever

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download my **FREE Menopause Pantry Resource** and discover:

- ✓ The Menopause Pantry Principles
- ✓ A practical pantry checklist
- ✓ Tips to help you thrive through menopause with real food

☐ **Get instant access**

One Pan Chicken Thighs & Lentils

10 ingredients · 35 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the onion and cook for five minutes until softened. Stir in the garlic, tomato paste, and paprika, and cook for one more minute.
2. Add the lentils and pour the broth over top. Stir and bring to a simmer. Season the chicken with salt and pepper, then add the chicken to the pan.
3. Cover with a lid and simmer over low heat for 15 to 20 minutes until the chicken is fully cooked.
4. Remove the lid and stir in the dill. Taste and adjust the seasoning as needed. Remove from the heat and sprinkle with additional dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two chicken thighs and one cup of lentil mixture.

More Flavor

Add broccoli and zucchini.

Ingredients

22 milliliters Extra Virgin Olive Oil (divided)
40 grams Red Onion (diced)
1 Garlic (clove, minced)
11 grams Tomato Paste
2 grams Smoked Paprika
297 grams Lentils (cooked)
237 milliliters Chicken Broth, Low Sodium (plus more if needed)
340 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
1 gram Fresh Dill (plus extra for topping)

Nutrition

Amount per serving

Calories	505	Vitamin D	2IU
Fat	19g	Vitamin E	2mg
Carbs	35g	Vitamin K	15µg
Fiber	13g	Thiamine	0.4mg
Sugar	4g	Riboflavin	0.5mg
Protein	50g	Niacin	13mg
Cholesterol	160mg	Vitamin B6	1.1mg
Sodium	206mg	Folate	281µg
Potassium	1183mg	Vitamin B12	1.2µg
Vitamin A	744IU	Phosphorous	634mg

Vitamin C	6mg	Magnesium	101mg
Calcium	58mg	Zinc	5mg
Iron	7mg	Selenium	44µg