

Chicken And Spanish Rice Bake

INGREDIENTS

- 1 $\frac{1}{2}$ pounds chicken thighs bone in, skin-on (about 6 pieces)
- 2 cups long grain white rice
- 1 (15 oz) can fire roasted tomatoes with juice
- 1 cup pimento-stuffed Spanish olives
- 1 small yellow onion, diced
- 1 large red bell pepper, diced
- 1 $\frac{1}{2}$ cups low sodium chicken broth
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon chili powder
- $\frac{1}{4}$ cup cilantro, garnish
- 1 lime, sliced for garnish

PREPARATION

1. Preheat oven to 425°F. Coat a 9×13-inch casserole dish with cooking spray. Set aside.
2. Mix salt, pepper, paprika, chili powder in a bowl. Season chicken with spice mixture on both sides.
3. Heat oil in a large pan on medium-high. Place chicken into pan, skin-side down, to sear. Once brown, flip to sear other side. Remove chicken from skillet and set aside.
4. Sauté onions and bell pepper in the same skillet until just softened, 3 minutes.
5. Pour uncooked rice into prepared casserole dish. Add diced tomatoes, with juices, and chicken broth. Scatter in sautéed vegetables. Place chicken breasts on top of rice mixture. Scatter olives over top. Cover with

aluminum foil and bake for 45 minutes. Remove foil and bake for an additional 8-10 minutes.

6. Remove chicken from dish and use a fork to fluff rice. To serve, return chicken to casserole dish and add cilantro sprigs and lime slices as garnish.