

Lemon Pepper Chicken Thighs with Rosemary Sweet Potato Harvest Grains

Prep 15m: Cook: 15m Total: 30m Servings: 2

INGREDIENTS CHICKEN

- $\frac{3}{4}$ lb. boneless, skinless chicken thighs
- 1 tsp lemon-pepper seasoning
- $\frac{1}{8}$ tsp salt
- 1 Tbsp butter

INSTRUCTIONS LEMON PEPPER CHICKEN

1. Pat chicken dry with paper towel. Sprinkle chicken with lemon-pepper seasoning and salt.
2. Melt butter in a skillet over medium-high heat.
3. Cook chicken in butter in skillet 4 to 5 minutes per side or until done.

INGREDIENTS ROSEMARY SWEET POTATO HARVEST GRAINS

- $\frac{1}{2}$ cup trader joe's harvest grains or Israeli couscous
- $\frac{3}{4}$ cup low-sodium chicken broth
- 1 tbsp of butter
- 1 cup cubed sweet potato
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- $\frac{1}{2}$ tsp dried crushed rosemary
- $\frac{1}{8}$ tsp salt

INSTRUCTIONS ROSEMARY SWEET POTATO HARVEST GRAINS

1. Cook harvest grains in broth according to package directions.
2. Meanwhile, cook potato in hot oil in a nonstick skillet over medium-high heat 8 - 10 minutes or until browned and tender.
3. Stir in couscous, garlic, rosemary, and salt. Cook for 30 seconds.