Herb-Roasted Chicken Thighs with Tender Green Beans

Juicy oven-roasted chicken thighs seasoned with garlic and herbs, paired with steamed crisp green beans for a healthy, high-protein meal perfect for weight loss goals.

Servings: 2 **Time:** 45 minutes

Ingredients

- 4 bone-in, skin-on chicken thighs (about 1.5 lbs)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1/2 tsp smoked paprika
- Salt and black pepper to taste
- 12 oz fresh green beans, trimmed
- 1 tbsp butter
- 1 garlic clove, minced
- Salt to taste

Instructions

1. Preheat oven to 425°F.
2. Pat chicken thighs dry with paper towels.
3. In a small bowl, mix olive oil, garlic powder, thyme, rosemary, paprika, salt, and pepper.
4. Rub the seasoning mixture evenly over the chicken thighs, including under the skin where possible.
5. Place chicken thighs skin-side up on a baking sheet lined with foil or parchment paper.
6. Roast in the preheated oven for 30-35 minutes until skin is crispy and internal temperature reaches 165°F.
7. While chicken cooks, steam green beans over boiling water for 5-7 minutes until tender-crisp.
8. In a small pan, melt butter over medium heat, add minced garlic and sauté for 1 minute.
9. Toss steamed green beans in the garlic butter, season with salt, and serve alongside chicken thighs.

powered by dishgen