

Cast Iron Skillet Garlic Parmesan Chicken

Ingredients

- 4-6 chicken thighs
- 3 tbsp.Olive Oil
- Salt and pepper
- 13 cloves of garlic
- 1 whole yellow onion
- Paprika
- Garlic salt
- Thyme
- Italian seasoning
- Parmesan cheese
- Parsley for garnish

Directions

1. In a large sealed tight container add your chicken thighs and seasonings let sit for 1 hour at room temperature.
2. In cast iron skillet add 3 tbsp. of olive oil and place on your stovetop at medium heat to high heat.
3. Once you start to hear the oil "pop" add your chicken skin side up cook on medium for 5-7 minutes until the thighs look crispy then rotate placing the skin part down and cook for another 5-7 minutes.
4. Pull the chicken thighs out and place to the side.
5. Add your Onions and Garlic (all skin removed) in your skillet and cook until tender. The garlic will start to turn brown and onions will begin to turn a glossy clear.

6. Turn off your heat on your stovetop and place the chicken back in the skillet.
7. Pre-heat your oven at 350 degrees.
8. Once your oven reaches the desired temperature place the skillet in the oven and cook for 25 min.
9. Remove the skillet and garnish with Parmesan cheese place back in the oven for another 5 minutes.

Garnish with Parsley.