

## CHICKEN THIGHS WITH ARTICHOKES AND CAPERS

*(adapted from [Make it Paleo II](#))*

6 skin-on chicken thighs, boneless  
Sea salt to taste  
1 tsp dried oregano  
1/2 tsp za'tar  
1/2 tsp freshly ground black pepper  
1 (6-oz) jar artichoke hearts, drained and sliced  
1/2 cup Kalamata olives, pitted and drained  
2 Tbsp capers  
1 lemon, sliced into rounds and quartered

Heat the oven to 425°F.

Heat a skillet or cast iron pan over medium heat. Pat the chicken thighs dry with a paper towel, removing as much moisture as possible. Season the skin with salt and place them skin side down in the hot skillet. Flip the thighs once they develop a nice brown sear on the skin, which should naturally make them release from the pan. Cook the chicken pieces skin side up for 1 minute, then transfer them to a baking dish, skin side up. Season evenly with the oregano, za'tar, and more black pepper to taste.

Add the artichoke hearts, olives, capers, and lemon slices to the skillet. Place the skillet in the oven and roast for 30 to 35 minutes, until the chicken is fully cooked.