

PAN SEARED CHICKEN THIGHS WITH CALABAZA

4 chicken thighs, pat dried
2 yellow squash, sliced thin
1 pint cherry tomatoes
1 cup corn, fresh or frozen
1/2 T cumin
1 T olive oil
Salt and pepper to taste

Preheat oven to 350 degrees.

Heat large pan to medium heat. Season chicken thighs with salt and pepper. Add 1 T olive oil to the pan. Lay chicken thighs skin down and let sear with a good crust- about 4 minutes. Flip thighs over. Arrange squash, cherry tomatoes, and corn around thighs. Add cumin and disperse. Let veggies cook on stove top until slightly tender.

Transfer pan to oven and allow chicken and veggies finish baking through for 10 minutes. Enjoy!

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