



cara price

BACON WRAPPED CHICKEN

INGREDIENTS

- 8-10 pieces, boneless, skinless chicken thighs
- 8-10 slices, uncured bacon
- 1/4 cup olive oil
- 1 large purple onion, cut into chunks
- 1 tablespoon coconut sugar
- 1 tablespoon black pepper
- 1-1/2 teaspoons salt
- 1 teaspoon ground mustard
- 1/2 teaspoon garlic powder
- optional garnish: fresh thyme leaves or chopped fresh rosemary

DIRECTIONS

preheat oven to 425.

mix coconut sugar, black pepper, salt, ground mustard & garlic powder together in a small bowl.

rub the spice mixture all over the chicken thighs. wrap 1 piece of bacon around each chicken thigh & secure in place with a wooden toothpick.

in a large cast iron skillet, heat the olive oil over medium high heat & sauté the onion until soft. remove the onions from the pan, reserving as much oil as possible.

place the bacon wrapped chicken pieces in the skillet {working in batches if necessary so as not to overcrowd the pan} & brown on each side about 3 minutes, until the bacon begins to get crisp.

once all the chicken pieces have been browned, place all chicken in skillet, cover with sautéed onions & place in oven, uncovered, for 15 minutes. serve chicken with pieces of onion & pan juices & sprinkle with fresh thyme or rosemary.