

Dinner Keto

ROASTED CHICKEN THIGHS and MIXED CUCUMBER SALAD

\$0.94/SERVING EST



Ingredients and groceries scaled from original 2 servings

6 chicken thighs (bone-in, skin-on)

3 tablespoons olive oil

3 pinches salt

3 pinches pepper

Prep: 10 mins

Cook: 35 mins

1. Preheat oven to 475°.
2. Preheat cast iron skillet on the stove until hot but not smoking. Add olive oil.
3. Season chicken thighs with salt and pepper. Place skin side down in the cast iron skillet.
4. Cook over medium to medium-high heat for 12-15 minutes, rearrange chicken every once in awhile to make sure they cook evenly.
5. Transfer to oven and cook an additional 15 minutes.

6. Flip chicken over and cook for 3-5 minutes until skin is crispy.

MIXED CUCUMBER SALAD

\$2.10/SERVING EST

Ingredients and groceries scaled from original 1serving

10 cups romaine lettuce chopped

2 ½ cups cucumber sliced

1/3 cup white wine vinegar

1/3 cup olive oil

5 dashes Dijon mustard

5 dashes freshly ground black pepper

Prep: 2 mins

1. Wash and chop romaine lettuce.
2. Wash and slice cucumber.
3. To make dressing, whisk vinegar, oil, mustard, and pepper in a small bowl.
4. Mix salad ingredients in a large bowl, add dressing and serve.