

Chicken Thighs with Arugula and Chickpeas

Ingredients

- 6 tablespoons olive oil, divided, plus more for drizzling
- 1 15-oz. can chickpeas, rinsed and drained
- 4 sprigs thyme
- ¼ teaspoon crushed red pepper flakes
- 8 skin-on, bone-in chicken thighs (about 2½-3 lb. total)
- Kosher salt and freshly ground black pepper
- 3 cups arugula with tender stems
- 1 tablespoon finely grated lemon zest
- 2 tablespoons fresh lemon juice

Recipe courtesy of [Bon Appetit Magazine](#)

Instructions

1. Heat 2 Tbsp. oil in a medium skillet over medium-high heat; cook chickpeas, thyme, and red pepper flakes, stirring occasionally, just until warmed through, about 5 minutes. Transfer to a large bowl.
2. **For grill:** Preheat grill. Brush chicken with 4 Tbsp. oil; season with salt and pepper. Grill chicken, skin side down, until golden brown and lightly charred, 8–10 minutes. Turn and grill until cooked through, 4 minutes longer.
3. **For oven:** Preheat oven to 400 degrees F. Brush chicken with 4 Tbsp. oil; season with salt and pepper. Place on baking sheet (lined with foil, if desired).
4. Bake for about 20 minutes; check for doneness—meat thermometer should be 165 degrees.
5. Toss arugula, lemon zest, and lemon juice into chickpeas. Serve with chicken, drizzled with more oil and sprinkled with sea salt and pepper as desired.

Mary-Beth says: *“Don’t be fooled by the simplicity of this meal: it is nutrient dense and delicious. Might be a good idea to double the chicken quantity to have leftovers!”*