

7g ⌚ 35 m | Easy

Baked chicken thighs with cauliflower rice and spinach dip

Chicken thighs provide a great source of protein and have a higher fat content than chicken breasts, making them an excellent choice for a keto meal. Pair them with this tasty cauliflower rice and creamy spinach dip, and we think you'll be a happy camper, indeed!



2 Servings

Instructions

Ingredients

Baked chicken thighs

1¼ lbs chicken thighs
(bone-in with skin)

½ tbsp olive oil

½ tbsp Italian seasoning
or jerk seasoning or curry
powder

salt and ground black
pepper

Spinach dip

1 oz. frozen spinach

¼ cup (1½ oz.) Greek
yogurt (0% fat)

2 tbsp mayonnaise

1 tbsp dried parsley

½ tsp onion powder or
garlic powder

salt and ground black
pepper to taste

Cauliflower rice

12 oz. cauliflower

1 tbsp butter

salt to taste

¼ tsp turmeric (optional)

Baked chicken thighs

- 1 Preheat the oven to 400°F (200°C).
- 2 In a small bowl, mix the melted butter or oil with your seasonings of choice. Brush it all over the chicken thighs and place them skin-side up on a baking tray or in a baking dish.
- 3 Bake the chicken thighs for 30 minutes or until the skin is crispy and the meat is no longer pink inside (the internal temperature should read at least 165°F (73°C)).

Spinach dip

- 4 Thaw the frozen spinach and remove excess liquid by squeezing it over the sink. Chop finely.
- 5 Add yogurt, mayonnaise, parsley, and onion powder to a bowl and mix. Add the spinach and mix until combined. Season with salt and pepper to taste. Set aside to let the flavors develop.

Cauliflower rice

- 6 Shred the cauliflower using a grater or grater attachment on a food processor. You can also chop it finely with a knife.

- ⑦ Melt butter in a skillet. Add the cauliflower and cook over medium heat for 5-10 minutes or until the riced cauliflower has softened a bit.
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- ⑧ Add salt and the optional turmeric, or any other spices of preference, while frying.