



One-Pot Skillet Chicken with Gnocchi & Brussel Sprouts

Prep Time: 15 minutes
Cook Time: 25 minutes
Yield: 4 Servings

INGREDIENTS

4 tablespoons extra-virgin olive oil, divided

2 tablespoons fresh oregano, chopped, divided

2 large cloves garlic, minced, divided

½ teaspoon ground black pepper, divided

¼ teaspoon salt, divided

1 pound Brussels sprouts, trimmed and quartered

1 (16-ounce) package shelf-stable gnocchi

1 cup red onion, thinly sliced

4 boneless, skinless chicken thighs, trimmed

1 cup cherry tomatoes, halved

1 tablespoon red-wine vinegar

½ cup chicken broth or water

DIRECTIONS

1. Sear the Chicken

- Heat 2 tablespoons olive oil in a large deep skillet or Dutch oven over medium-high heat.
- Season chicken with 1 tablespoon oregano, half the garlic, ¼ teaspoon pepper, and ⅛ teaspoon salt.
- Cook chicken 3–4 minutes per side until golden brown. Transfer to a plate (chicken will finish cooking later).

Cook the Vegetables & Gnocchi

- Add 1 tablespoon olive oil to the skillet. Stir in Brussels sprouts, onion, and gnocchi.
- Sauté 6–8 minutes, stirring often, until gnocchi are golden and Brussels sprouts begin to soften.

Season & Simmer

- Stir in the remaining oregano, garlic, pepper, and salt.
- Return chicken to the skillet, nestling into the vegetable mixture.
- Pour in chicken broth or water. Cover and simmer 10 minutes, until chicken reaches 165°F and Brussels sprouts are tender.

Finish

- Stir in cherry tomatoes; cook uncovered for 2–3 minutes until slightly softened.
- Drizzle with 1 tablespoon red-wine vinegar and the remaining olive oil before serving.

Garnish Suggestions

- Fresh Herbs:** Sprinkle with fresh parsley, basil, or a few oregano leaves for a bright, aromatic finish.
- Cheese:** Add freshly grated Parmesan or Pecorino Romano for a savory note.
- Citrus:** A squeeze of fresh lemon juice right before serving lifts the flavors and balances richness.
- Crunch:** Toasted pine nuts or slivered almonds



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Recipe adapted from:
Chef Floyd