

Cracklin' Italian-spice Chicken

Ingredients:

8 bone-in, skin-on, free-range chicken thighs

Skin-side seasoning:

1 tablespoon Kosher salt

2 teaspoons grass-fed butter (Kerrygold)

Meat-side seasoning:

1 Tablespoon garlic powder

1 Teaspoon red pepper flakes

1 Teaspoon dried oregano

1 Teaspoon sea salt



Perfectly-seasoned chicken thighs ready for the grill

Directions:

- Dry chicken with a paper towel.
- Cut out the bone, making sure you don't cut through the meat. Stay as close to the bone as possible. Don't cut off the skin. The skin makes the dish Yummy!
- Flatten the chicken with a meat pounder or just use your fist to pound it flat.
- Turn the chicken skin-side-up, and sprinkle Kosher salt on the skin from high up in order to get it salted evenly.
- Heat a large skillet over medium high heat, and then melt the butter. Place four chicken thighs skin-side down in the skillet.
- Sprinkle the "meat seasoning" on the meat side.
- Cook the skin side until crispy and golden brown (around 7-10 minutes), You will need to have a splatter guard because the hot fat will splatter.
- Turn over the thighs and cook the meat side for 2-3 more minutes to thoroughly cook, and then place them on a wire rack to rest and drain while you get the next batch cooked.
- Repeat the cooking steps for the remaining four thighs.



The Paleo Diet (see page 6) may not be appropriate for all people with diabetes. Anyone interested in starting a new diet should always speak with their healthcare provider and/or Certified Diabetes Educator® before making dietary changes.

For those interested in trying the Paleo Diet, Kelly Schmidt, RD, suggests starting in steps. "Definitely take on the diet in phases," she said. "For example, start with just eating gluten-free and using gluten-free grains – rice, quinoa, gluten-free oats, millet – as transitional foods. Next, cut back on the vegetable oils and sugar, then try to cut out dairy and beans, and then all grains. When removing the grains entirely, still get some carbohydrate-containing foods like sweet potatoes, root vegetables and low-sugar fruits like berries and citrus."

Proceed at your own pace, says Kelly. "Try one new recipe that is based on whole foods every other week or every week if you can," she said. "And just pay attention to how food makes you feel. When you feel better, it can be more motivation not to be even tempted by old favorite foods."

Another key to the Paleo Diet is planning. "I always say a health goal starts with a grocery list, so your grocery shopping is more efficient," she said. "I also make things in bulk. And I think about what meals I'm going to have tomorrow or the following few days so I'm not just throwing something together at the last minute."

Source: Kelly Schmidt, RD (who lives with type 1 diabetes)
<http://www.discussdiabetes.com/2014/03/kelly-schmidt-explains-paleo-diet/>