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How many chicken thighs is 2lbs?

Chicken thighs on the bone can vary quite a bit in weight. The average package of four chicken thighs will weigh approximately 1 1/2 pounds. One chicken thigh will yield about 3 ounces of meat (without skin or bone), so for big meat eaters, count on two thighs per person.

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Do you pound chicken thighs?

Use a meat mallet, small cast-iron pan, or rolling pin to pound the thighs to an even thickness. Don't pound too hard or you could break the chicken into pieces, but do be firm and exacting, concentrating first on the thicker portions of the thigh and then pounding out the remainder until it's your desired thickness.

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