CRISPY OVEN ROASTED CHICKEN QUARTERS

MATERIALS:
- Baking sheet or large baking dish
- Small Bowl
- Measuring Spoons
- Aluminum Foil
- Meat Thermometer

INGREDIENTS:
- 6 chicken quarters
- 1 tsp salt
- 1/2 tsp Black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbsp chili powder
- 1/2 tsp cayenne pepper (optional)
- 2 Tbsp oil

Serves: 6-8

Find more recipes online at: www.gcfd.org/recipes_resources
DIRECTIONS:

1. Preheat the oven to 300 degrees.

2. Place the chicken leg quarters in the bottom of a rimmed baking sheet or a baking dish.

3. Lightly brush each chicken leg quarter with oil.


5. Cover the pan with foil and bake for one hour.

6. Increase the oven temperature to 425 degrees, remove the foil and bake for an additional 10-20 minutes until the skin is crisped and the chicken registers 165 degrees.

Chef’s Notes:

- Use any blend of spices you like.
- Serve with a large salad or roasted veggies.
- Leftover cooked chicken can be added to salads, tacos or sandwiches later in the week.