

Roasted Chicken



GREATER CHICAGO
- FOOD -
DEPOSITORY.

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Serves: 1

Prep: 5 minutes | **Cook:** 30-35 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 4 boneless skinless chicken breasts*



DIRECTIONS

1. Preheat the oven to 425°F.
2. In a small bowl, mix the spices and olive oil.
3. Rub spice mix evenly over the chicken.
4. Line a baking tray with parchment paper.
5. Place the chicken on the prepared baking tray.
6. Roast the chicken for 20-25 minutes.
7. Flip the chicken and roast for 10 more minutes until fully cooked (juices run clear, no pink inside and chicken is golden brown- if using a meat thermometer: internal temperature of at least 165° F).

Nutrition Information	
<i>Serving Size: 1 Thigh or 2 Legs</i>	
Calories	280
Total fat	14 g
Saturated Fat	2.5 g
Trans fat	0 g
Cholesterol	140 mg
Sodium	150 mg
Carbohydrates	8 g
Fiber	3 g
Sugars	1 g
Protein	31 g

Recipe sourced from:
commonthreads.org

*Substitutions

Boneless skinless chicken breasts	—>	skinless chicken thighs or drumsticks
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