

BAKED CHICKEN LEG QUARTERS

Serves 6

Baked chicken leg quarters are a fantastic, budget-friendly protein option. They cook up beautifully and stay nice and moist. Serve with sides or shred the meat for other dishes.



- 4 chicken leg quarters (about 4 pounds)
- 2 Tablespoons Butter or Vegetable oil
- 2 teaspoons Salt
- 1 teaspoon Black pepper
- 2 teaspoons dried minced Garlic (or garlic powder)
- 2 teaspoons dried minced Onion (or onion powder)
- 1 teaspoon Chili powder
- 1/2 teaspoon Cayenne (optional)

1. Preheat oven to 400 degrees Fahrenheit and line a baking sheet with aluminum foil and top with an oven-safe baking rack.
2. Place the chicken on the baking rack and rub with butter (or brush with oil).
3. Mix together salt, pepper, garlic, onion, chili powder and cayenne in a bowl until well combined.
4. Rub spice mixture all over chicken.
5. Bake for 40-45 minutes, or until a meat thermometer reads 165 degrees Fahrenheit or the juices run clear.

Notes

You can use drumsticks, thighs or bone-in chicken breasts for this recipe. Check the temperature of the meat at 25 minutes. Cook to an internal temperature of 165 degrees Fahrenheit.

Once cooked, you can serve whole or cut along the joint to separate the drumstick from the thigh. You can also remove the meat from the bone, shred and use in other dishes that call for shredded or chopped chicken.

To freeze shredded chicken, remove the meat from the bones and cut or shred into bite-size pieces. Place in a freezer bag and seal removing as much air as possible. This will store in the freezer for up to 3 months.

NUTRITION INFORMATION: Yield 6 SERVING SIZE: 1

Amount per serving: Calories: 375 Total Fat: 22g Saturated Fat: 7g Trans Fat: 0g Cholesterol: 229mg Sodium: 917mg Carbohydrates: 1g Fiber: 0g Sugar: 0g Protein: 42g



BAKED CHICKEN LEG QUARTERS

Serves 6

Baked chicken leg quarters are a fantastic, budget-friendly protein option. They cook up beautifully and stay nice and moist. Serve with sides or shred the meat for other dishes.



- 4 chicken leg quarters (about 4 pounds)
- 2 Tablespoons Butter or Vegetable oil
- 2 teaspoons Salt
- 1 teaspoon Black pepper
- 2 teaspoons dried minced Garlic (or garlic powder)
- 2 teaspoons dried minced Onion (or onion powder)
- 1 teaspoon Chili powder
- 1/2 teaspoon Cayenne (optional)

1. Preheat oven to 400 degrees Fahrenheit and line a baking sheet with aluminum foil and top with an oven-safe baking rack.
2. Place the chicken on the baking rack and rub with butter (or brush with oil).
3. Mix together salt, pepper, garlic, onion, chili powder and cayenne in a bowl until well combined.
4. Rub spice mixture all over chicken.
5. Bake for 40-45 minutes, or until a meat thermometer reads 165 degrees Fahrenheit or the juices run clear.

Notes

You can use drumsticks, thighs or bone-in chicken breasts for this recipe. Check the temperature of the meat at 25 minutes. Cook to an internal temperature of 165 degrees Fahrenheit.

Once cooked, you can serve whole or cut along the joint to separate the drumstick from the thigh. You can also remove the meat from the bone, shred and use in other dishes that call for shredded or chopped chicken.

To freeze shredded chicken, remove the meat from the bones and cut or shred into bite-size pieces. Place in a freezer bag and seal removing as much air as possible. This will store in the freezer for up to 3 months.

NUTRITION INFORMATION: Yield 6 SERVING SIZE: 1

Amount per serving: Calories: 375 Total Fat: 22g Saturated Fat: 7g Trans Fat: 0g Cholesterol: 229mg Sodium: 917mg Carbohydrates: 1g Fiber: 0g Sugar: 0g Protein: 42g

