



BAKED CHICKEN

INGREDIENTS

- 6 lb. whole chicken (cut into 1/8's) Publix will cut it up for you...OR...8 or more pieces of chicken (breasts, thighs, legs) to make 6 pounds
- 2 large onions diced
- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. onion powder
- 1 tsp. dried thyme
- 1/2 tsp. cayenne pepper
- 1/2 tsp. white pepper
- 1/2 tsp. garlic powder
- olive oil
- 1 tsp. ground black pepper

RECIPE

In a small bowl, mix together the dry ingredients. Clean and rinse the chicken and then dry each piece with paper towels. Keep the skin on for added flavor and moist chicken. Rub each dry piece of chicken with the spice mixture. Place a piece of parchment paper on your roasting pan and place the chicken and the onions on it, then drizzle the olive oil sparingly on top of the chicken and the onions. Preheat the oven to 375 degrees and bake for 45-50 minutes. Make sure the chicken is cooked thoroughly. Transfer chicken and onions into the casserole tin and follow the cooling and freezing directions below.

Cooling and Freezing Directions

Food borne bacteria love food at room temperature. Therefore it is crucial to expedite hot to cold temperature. When transferring cooked contents to the aluminum pan, leave 1/2 " from the top edge of the pan for expansion during freezing. For cooling: place the uncovered aluminum pan with hot contents into a larger pan containing half ice, half cold water and two tablespoons of salt. As soon as the contents are no longer hot, cover the pan with the lid and seal all around.

**LABEL LID WITH BLACK MARKER
NAME OF CASSEROLE, DATE**