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Baked Chicken Recipe

- 6 lbs. of mixed chicken pieces (breasts, thighs, legs, etc)
- 1 large onion diced small
- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. onion powder
- 1/2 tsp. cayenne pepper fresh
- 1/2 tsp. white pepper
- 1/2 tsp. garlic powder
- 1 tsp. ground black pepper
- 1 tsp. dried thyme
- Olive oil

In a small bowl, mix 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 chicken is cooked thoroughly. Transfer chicken and onions into the casserole tin. See cooling and freezing directions below.

Cooling & Freezing Directions:

Food-borne bacteria love food at room temperature. Therefore, it is crucial to expedite hot-to-cold temperature transfers. When transferring cooked contents to the aluminum pan, leave 1/2" from the 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 and date the lid. Place in the freezer.