

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Oven Baked Crispy Chicken

From www.barefeetinthekichen.blogspot.com

This recipe is simple and quick to prepare. Plan ahead for the 1 hour of baking time, and then enjoy some crispy, delicious chicken!

Serves: 4-6

6-8 bone-in, skin-on chicken thighs

1 ½-2 Tbsps olive oil

1 tsp salt

¼ tsp freshly ground black pepper

Optional: ground paprika and /or granulated garlic

1. Preheat the oven to 400°F. Line a large baking tray or half sheet pan with foil and place all the chicken pieces on it, skin side down.
2. Sprinkle with salt and pepper and flip each piece skin side up. Drizzle about 1 tsp of oil over the skin on each piece of chicken and rub lightly to coat. Sprinkle again with salt and pepper, and the paprika and garlic, if desired.
3. Bake for one hour, until most of the fat has rendered out of the chicken and the skin is golden brown and crisp. Remove from the oven and let rest about 5 minutes before serving.