

## Spice Rubbed Chicken

(serves 8)

Also try this recipe using a whole chicken, cut into its pieces. Keep skin on breast meat to enhance tenderness.

### Ingredients

8 bone-in, skinless chicken legs or thighs  
1 Tbsp each, ground cumin and chili powder  
1 tsp each, onion powder, garlic powder, paprika, ground cloves, ground allspice, and ground black pepper  
1/4 tsp cayenne pepper

### Directions

1. Wash hands.
2. Preheat oven to 400°F.
3. Line a baking sheet with foil and a baking rack. Spread chicken pieces on rack, so no pieces are touching.
4. In a small bowl, add all spices and stir to combine. Sprinkle spice blend evenly over chicken pieces. With clean hands, rub spice blend all around chicken meat.
5. Bake for 30 minutes or until a thermometer reads 165°F.
6. Cover and refrigerate any leftovers. Use within 4 days.

**Note:** This recipe contains no added salt, and thus no added sodium. However, chicken often is packed in salt-water solutions to keep moisture, so the recipe is not sodium-free.

*Recipe by Caitlin Mellendorf, MS, RD, Nutrition and Wellness Educator, 2019*

*The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at [go.illinois.edu/dmp](http://go.illinois.edu/dmp) or find us on Facebook or Twitter @uie\_DMP*

