

You Can Cook! | Whole Chicken

FOR RECIPES, VISIT

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EAT.
MOVE.
SAVE.



Remove chicken from package. Remove giblets bag from body cavity. Save for other recipes or throw out.



Thigh and leg. Cut along fat line at leg.



Find bone joint. Cut around to remove thigh and leg together. Cut through bone to divide leg and thigh. Repeat on other side.



Backbone. Cut backbone on both sides. Save for making stock.



Wing. Extend wing out. Cut down and expose bone joint.



Breast. Cut breast in half, though breastbone. Remove bone from both breasts.

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You Can Cook!

Spice-Rubbed Chicken Pieces with a Whole Chicken

FOR RECIPES, VISIT

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EAT.
MOVE.
SAVE.



Preheat oven to 400 F.



Cut up a whole chicken or use 8 chicken pieces. Prepare to mix spices in a bowl for the rub.



1 Tbsp each: cumin & chili powder
1 tsp each: onion powder, garlic powder, paprika, ground cloves, all spice, & ground black pepper
Dash (1/8 tsp): cayenne pepper



Rub spices into chicken.



Bake for 30 minutes until the internal temperature of the chicken reaches 165 F.



Serve hot. Enjoy!

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