



Classic Chicken

Instructions:

Lay the onion on the bottom of a pan and lay the chicken on top.

Sprinkle generously with seasoning salt and a bit of paprika.

Pour water to cover the bottom of the pan.

Preheat oven to 350 and bake covered for 1 hour.

Uncover and bake for an additional 20 minutes.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

1 hour 20 minutes

Ingredients:

1 chicken thigh

2 chicken drumsticks

1/2 onion - sliced

Lawry's seasoning salt

paprika

water