



INGREDIENTS

- 5 Pounds Chicken Parts, fresh or frozen, Leg Quarters (with bone, with skin, (9.5 oz each))
- ¼ Cup Olive Oil
- ¼ Cup Lime Juice
- 6 Teaspoons Garlic (minced)
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Honey
- 1 Tablespoon Paprika
- 2 Teaspoons Smoked Paprika
- ½ Teaspoon Red Chili Flakes
- 1 Tablespoon Cumin
- 2 Teaspoons Oregano
- 2 Teaspoons Salt
- 1 Teaspoon Black Pepper

DIRECTIONS

1. Mix all of the marinade ingredients in a bowl and combine well. Pour it on the chicken, and rub the marinade all over the chicken. With your fingers, loosen the skin from the chicken and make sure to get the marinade under the skin. Marinate overnight if time allows.
2. When ready to roast, preheat the oven to 400°.
3. Cover a sheet pan with aluminum foil. Place an oven safe wire rack on the sheet pan, and place the chicken quarters on the wire rack, skin side up. Bake for 30 minutes. Baste the chicken with remaining unused marinade, then bake for another 30-40 minutes, depending on the size of your chicken pieces, or until the chicken reads 180-185° on an instant read thermometer (watch that fat dripping doesn't catch fire).
4. Keep an eye on it towards the end of cooking time. If it's browning too quickly, cover it loosely with foil.
5. Remove the chicken from the oven and let rest for 10-15 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

33½ Ounces

PORTION SIZES

Toddler: 1 Ounce
Preschool: 1½ Ounces
School Age: 2 Ounces
Adult: 2 Ounces