

Chicken Recipes – Where Can I Find Chicken Recipes and Other Kinds of Barbecue Food?

I would like to continue the topic of barbecue meals. It's becoming really popular these days, so I think this topic can be really interesting. I would like to give you some information about tools used for barbecues, about some meals (especially chicken meals and chicken recipes), and about some additions, such as sauces or salads.

The first thing I would like to describe is corn. The corn from barbecue is very popular and a tasty appetizer in the United States of America. It's good to put a toothpick at the ends of the corn, so it will be easier to handle it.

The next thing (or things) that I want to describe are barbecue tools. You should remember about the cutlery of course (knife, fork etc). I think that a metal barbecue graticule can be useful (for example for fish).

Of course the most important part of a barbecue is meat. I prefer chicken meat. You can prepare it in many ways, because there are many chicken recipes. Chicken meat is very tasty and delicate. It is also very cheap meat and it is healthy, so people with health problems can eat it. They can forget about heart diseases or a high cholesterol level in the blood when eating chicken. You can make a lot of chicken meals, such as chicken breast with spinach or chicken shish-kebab with banana-coconut sauce and many more dishes. As you can observe, there are lots of chicken recipes for barbecue.

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I also want to add some information about things that are making barbecue food more tasty. These things are marinades made from oil, fresh herbs and garlic. Chicken meat is very soft, so you can put it in marinade for half an hour. If you prefer stakes, use herb butter. There are also other barbecue additions or appetizers such as figs (or other fruits such as bananas or peaches). I think that roasted potatoes are also a very tasty barbecue appetizer. You can eat them in salad as well (which is very tasty). Of course, don't forget about different sauces. You can prepare them yourself or buy some.

I think that the facts included in this article are the most important ones and that they can be very helpful for you. Remember them when you are preparing your barbecue. You should also remember chicken recipes for barbecues because they are really good. That's all I wanted to write. I hope you have enjoyed this article.

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Easy Chicken Recipes For

Families

If you love to cook or if you cook often for your family, you must have had a lot of experiments in the kitchen. I am sure that in the past, you have grabbed something inside the refrigerator and you decided to combine or mix it with other food.

We must admit that simply heating chicken can be boring. What this article is trying to tell you is that there are quick and easy chicken recipes you can prepare in no time.

Chicken in Lemon Garlic Sauce

For this recipe, cut chicken breasts in halves. After, mince some garlic and saut it in a pan over medium heat. Let the garlic brown then fry the sliced chicken breasts with it until the chicken are evenly browned. Season it with salt and pepper. Remove the chicken and put it on a plate. In the same pan, pour some chicken broth and scrape of the bits stuck at the bottom. When the broth boils, add the olive oil and reduce heat to medium low. Cover and let it simmer for another 30 minutes or until the sauce is reduced to half and the chicken is tender. You can now put the lemon juice. Allow it to simmer for another 10 minutes or until the sauce thickens. Serve it warm over rice.

Easy Chicken Meatballs with Mayo Dressing

In a bowl, combine the chicken breast, minced garlic, finely chopped onions and chopped parsley. Season it with salt and pepper and mix well. Turn the ground chicken into small ball formations. Dip them in an egg mixture (to keep the shape) and roll them in bread crumbs. Fry them under moderate heat on a

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pan with butter until it is evenly browned. Serve it warm with rice and mayonnaise dressing.

Sauted Ground Chicken with Mixed Vegetables

In a skillet, saut some minced garlic and onions over low heat for around 5 minutes. Add ground chicken and put a few teaspoons of soy sauce to enhance its color and flavor. Season it with salt (if needed) and pepper. Another option is to saut the chicken for 10-15 minutes or until it is tender. Place some diced carrots, corn and green peas. Stir-fry for another 5-8 minutes to cook the vegetables, but keep them crispy. You can also boil the vegetables in chicken broth before serving.

These easy chicken recipes require less effort. You definitely have to try one today.

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Chicken Recipes for Flavor Plus Nutrition

Whenever you make your mind up to go towards nutritive eating, just opt chicken preparations which are nice, beneficial and superb. Chicken is a low-calorie white meat, but it is usually

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the technique of cooking that creates the dish held with calorific contents. Frying, stir-frying and sautéing requires oil that is not good for your healthiness in case you're taking up a food program. It really is not necessary that you remove fat totally from your diet, but minimum quantity is recommended. In case you are a chicken admirer then listed here are few low-calorie chicken preparations that will build you not just hale and hearty but also allows you to relish the real goodness of chicken.

You can find lots of such preparations that can be included in your low-fat eating. Beginning from chicken salad to soup and numerous baked preparations are also available. You've to simply select the chicken recipes that will match your liking and desire. It is also advisable not to include single preparation all time, breach the sameness and seek distinctive preparations daily. Below are the some ideas.

Low-fat Chicken Preparations

Southwestern Chicken Salad – Undoubtedly a great chicken salad including an superfluous punch of Southwestern cooking style. It is actually a low-calorie salad with green and crunchy salad leaves and additional vegetables combined with boiled chicken. A smooth garnish is presented with yogurt that is without fat. You can also use without fat mayonnaise for the topping to create your salad more interesting. As a sandwich stuffing as well, this chicken salad is a great solution.

Herbed Roast Chicken – Roasting is the well-suited way of preparation for low-calorie chicken recipes. This technique calls for insignificant amount of fat. In this recipe, chicken is marinated in herbs and little calorie-free butter. Use skinless whole chicken to keep the dish low-fat. This can be a

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magnificent centerpiece in your without fat meal.

Chicken Sausages with Lentil – This low-calorie preparation use lean Italian chicken with nutritive lentils. In this dish lentils provide a decent dose of proteins and dietary fibres while lean chicken sausages maintain the calorie count down. A gluten-free recipe can also be produced by using a suitable broth. Serve this hearty dish in evening meal and maintain yourself filled for a very long time.

Chicken Soup – This is said to be the healthiest chicken dishes. Boiling allows the chicken to get ready pretty fast and also allows the meat to absorb all the flavors of herbs and add-ons included. In this preparation, no oil or fatty food items and implicated, thus it could be without difficulty integrated in your low-fat food devoid of any guilt.

For further information on chicken recipes please go to chicken recipe. You may also take a look at some fantastic chicken breast recipes by visiting chicken breast recipe.

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Lets Make Some Tasty Chicken Salad Recipes

Chicken Salad is bursting with flavors if made with the right recipe. You can eat chicken salad by itself or you can pair it with sides likes lettuce, avocado; it can also be used for

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sandwiches. Besides chicken, chicken salad can comprise of a variety of other ingredients like bacon, sliced apples, nuts, chopped peaches, seedless grapes, fruits, raisins, pineapples, hard boiled eggs, cucumber, peppers, English Peas, olives and a whole lot more. The flavors can also be adjusted by using different spices like cumin and curry.

Ingredients

4 cups diced poached chicken

1 stalk celery, cut into 1/4 inch dice

4 scallions, trimmed and thinly sliced or 1/4 cup sweet onion cut into 1/4 inch dice

1 1/2 teaspoons finely chopped parsley

1 cup prepared or homemade parsley

1 cup prepared or homemade mayonnaise

2 teaspoons strained freshly squeezed lemon juice

1 teaspoon kosher salt

Freshly ground black pepper

Directions

1. In a mixing bowl, mix together the chicken, celery, scallions and herbs. Set aside.

2. In a small bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper to taste. Add to the chicken and mix carefully until combined. Place in the fridge until ready to serve.

3. Serve on a bed of lettuce with sliced tomatoes, in half an avocado or in a chicken club sandwich prepared with artisanal bread, crunchy smoked bacon, vine-ripened tomatoes and lettuce.

Poached Chicken for Salad

10 sprigs parsley

2 sprigs fresh thyme

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1 small onion, cut into two halves

1 small carrot, cut into two halves

1 stalk celery, halved

3 pounds chicken breasts halves, on the bone and fat trimmed

5 to 6 cups chicken broth, homemade or low sodium canned

Directions

1. Put parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken for 20 minutes or until firm when touched remove the pan from the heat, uncover, cool the chicken in the liquid for 30 minutes.

2. Move the chicken to a cutting board and keep back the liquid. Bone and skin the chicken and slice the meat into 1 inch cubes. Discard the bones and skin.

3. Strain the broth and store, covered, in the refrigerator for 3 days or freeze until later use. Skim off any fat from the surface of the broth before using.

This recipe yields 4 cups diced chicken or 4 to 6 servings.

Please visit [this link](#) for more information on Chicken Salad Recipe and [this link](#) for information on many more Chicken Salad Recipes.

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Best Chicken Salad Recipes for Your Penchant

At times an unpretentious dish may be the most excellent style towards a hearty meal. Chicken salad is such a dish that imparts an appetizing taste and even bestow strength. Chicken salad recipes can both be uncomplicated or extravagant, based on the event and the likings. As it is clear, the major food item in chicken salad is chicken. Essentially, the chicken breast is used in chicken salad recipes as breast meat is succulent and tender. Spare or canned chicken portions are widely incorporated to compose a delightful salad. Other food may vary with the preparations.

Few of the most regularly used ingredients in chicken salad recipes are boiled eggs, pecans, cheese, cream, mayonnaise, celery, tomato, green leafy veggies, onion, dry fruits and seasonings. These ingredients can either be used by itself in different chicken salad dishes or can be used in combos.

Chicken salad is not just popular in only one or two cuisines but it enjoys immense acceptance in approximately all styles of cooking, though, the alterations are being done in respect to the indigenous liking. Like in cuisines of Asia and Europe, this salad is often adored with one or more dressings and sometimes even presented exclusive of any dressing. The components of chicken salad recipes in these cuisines also change and principally consist of pasta, noodles, and leafy veggies and even rice. Mention of chicken salad is imperfect without the Wakefield, Rhode Island. It is the area where chicken salad was first introduced by "Town Meats". The owner of the Town Meats, Liam Gray, tried a recipe including a

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little leftover chicken and mix it with variety of suaces in hand, mayonnaise and some grapes. That preparation evolved into one of the most popular delicatessen in American styles of cooking and still enjoying this position.

However, chicken salad dishes comprise chicken in any style but packed, steamed and grilled chicken salad preparations are commonly popular in the cooking world. Chicken pieces are either crushed or sliced before incorporating to the dish. Present it as a side dish or dish it up as a wholesome meal with any bread or soup dish, chicken salad consist of several methods of eating. Some of the largely recognized chicken salad recipes are:

Hot chicken salad – Includes baked chicken along with pimineto seasoning and celery. Hard boiled eggs are used for garnish.

Geek pasta salad – This highly popular salad is made up of luscious feta cheese and pasta. It can both be prepared tepid or cold.

Chicken and black bean salad – Cooked chicken is combined with black beans and flavored with jalapeno pepper and pounded garlic.

So, take out your salad making dish, track these chicken salad recipes and jumble simultaneously the delicious and nourishing ingredients for healthy meal.

For further information on Chicken Salad recipes please go to Chicken Salad Recipe. You can also take a look at some awesome chicken pasta recipes by clicking Chicken Pasta Recipes.

Easy Chicken Recipe – Chicken Pies With Rice Crusts (And it is Diabetic Friendly!)

Chicken is economical, easy to prepare, and healthy, making it one of the most often prepared items in our kitchens. If you are tired of serving chicken the same old ways, check out this recipe for a new idea in your family meal planning. This recipe for Chicken Pies in a Rice Crust is a great way to serve chicken.

CHICKEN PIES WITH A RICE CRUST

Rice Crust:

1 cup raw brown Basmati rice

2 cups chicken stock

1/3 cup chopped pecans or almonds

2 tbsp chopped chives or green onion tops, finely chopped

2 tbsp toasted sesame seeds

Salt and pepper to taste

2 egg whites

Wash rice. In a large saucepan with a lid, bring the chicken stock to a boil. Stir rice into boiling stock and bring back

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to a boil. Lower heat to simmer, add lid to pan and cook 45 minutes, until rice is tender and stock is absorbed. Preheat oven to 375 degrees. Cool rice to lukewarm and add pecans, chives, sesame seeds, salt, pepper, and egg whites. Pat onto the bottom and sides of 4 individual quiche dishes to form crusts. Bake in a 350 degree oven for 10 minutes.

Chicken Filling:

4 large skinless, boneless chicken breasts

1 tbsp olive or canola oil

1/2 tsp salt

1/4 tsp fresh ground black pepper

1 cup water

8 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 garlic cloves, crushed

Cut chicken into small chunks. In a large frying pan, heat oil. Add chicken and cook to a golden brown. Season with salt and pepper. Remove chicken from pan and allow to drain on paper toweling. Wipe any excess oil from the pan. Return pan to heat and deglaze with water and Worcestershire sauce. Add mustard and garlic; bring to a boil. Lower heat to simmer, add chicken back to pan and cook for 5 minutes. Fill the rice crusts with the chicken mixture.

Yield is 4 servings at 490 calories, 45 g carbs, and 37 g protein each making this a good chicken and rice dish for

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diabetics.

Enjoy!

For more of Linda's recipes and diabetic information go to <http://diabeticenjoyingfood.squarespace.com>.

Eat Nutritional and Tasty Chicken Salad recipes

If you are feeling hungry at this point of time then the very first dish that will come in your thoughts might be something made of chicken. I am definite if you are a meat-eater and prefer chicken in that case this write up would certainly please your palate. This is because of the fact that chicken is incredibly nutritional as well as succulent meat. And I anticipate that you are fully agreed with me.

One detail that the majority of you must not be knowledgeable that chicken by itself is not proficient to supply sufficient nourishment. However if you will get a chicken salad recipe you will completely alter the thought. This is because chicken salad preparations yield you a very nourishing dish to include in your dining.

In chicken salad recipes there are 3 major ingredients: the luscious chicken, the nutritional vegetables and the flavorings. The flavorings are generally condiments, cooking oil or salad oil and Add-ons are generally incorporates salad

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oil, vinegar and seasonings.

Various choices are available for creating marvelous chicken salad dishes. Few chicken salad dishes are presented with curry. Some go with the typical salt and pepper. Oil included in these dishes is preferably the olive oil, but any other less fatty cooking oil or salad oil may also be used. The vinegar mustn't be included in large amounts for chicken salad preparations. You can also substitute vinegar with lemon juice that is to a large extent nourishing.

The veggies incorporated in chicken salad recipes diverge relating to the preparations. Few of the widely used veggies that go well in chicken salad recipes are cucumber, lettuce, carrot, onion and corn. It doesn't count what type of veggies you are including in your salad recipe if they are providing an adequate amount of nourishment. And if veggies are not of your flavor then even you may possibly relish them with chicken flavor. If you have a youngster who does not want to eat well no matter what simply go forward and grab a chicken salad dish.

As far as nutritive importance of chicken salad dishes is concerned, there is no question in it. Chicken is a popular resource of protein and all veggies used in it are able to yield an authentic combination of vitamins and minerals.

There is virtually no additional preparation that combines delectable with healthy ingredients superior than these chicken salad preparations.

For further details on Chicken Salad recipes please go to Chicken Salad Recipes. You may also have a peek at some great dinner recipes by visiting Dinner Recipes.

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BBQ Chicken Recipes – Best in Summer

On a hot summer day, there is no better way to enjoy great conversation with friends and family than over some a good meal. Its the barbecue season so let's try out a few fine BBQ Chicken Recipes.

Here is a spicy hot version and a great tasting sweet one for you. So, from tart and tangy to hot and spicy, just about everyone loves this bird. Next time you like some good family and friends time, just give them a call, and let them know you are firing up the grill. We are cooking up some chicken.

Baked Barbecue Chicken

Ingredients:

2 pounds of boneless skinless chicken breast
1 tablespoon of Worcestershire sauce
3 tablespoons of brown sugar
1/6-ounce can of tomato paste
3/4 cup of water
1/4 cup of salad oil
1/2 a cup of diced onion
1/2 a teaspoon of salt
2 tablespoons of vinegar

A cup of chopped green pepper

Preparation:

In a medium saucepan, combine all ingredients. Bring to a simmer and remove from heat. Place chicken into a glass baking-dish and pour barbecue sauce over the top. Cover with foil and bake in oven at 350 degrees Fahrenheit for one hour or until chicken is no longer pink.

Remove foil during the last 15 minutes.

Honey Grilled Chicken Sandwiches

This is a simple recipe for those on the go. Toss it in the crock-pot and by dinner it will be done allowing you to spend time with the kids and get more work done. No time standing over the stove making the sauce! This sauce is made in the blender!

Ingredients:

3 tablespoons of ketchup
 $\frac{1}{2}$ a teaspoon of paprika
1 cup of honey
 $\frac{1}{8}$ teaspoon of cinnamon
1 tablespoon of meat tenderizer
 $\frac{1}{4}$ cup of molasses
 $\frac{1}{4}$ teaspoon of salt
 $\frac{1}{8}$ teaspoon of ground ginger
 $\frac{1}{8}$ teaspoon of fresh ground black pepper
1 $\frac{1}{2}$ cups of brown sugar
 $\frac{1}{4}$ teaspoon of minced garlic
1 tablespoon of seasoned salt
 $\frac{1}{8}$ teaspoon dried oregano

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$\frac{1}{4}$ cup of steak sauce
1 tablespoon prepared mustard
2 tablespoons Worcestershire sauce

Preparation:

Add all ingredients into your blender. Mix well. Pour into a large crock-pot and turn on low. Rinse chicken and place into crock-pot with prepared barbecue sauce.

Cover and let cook on low for 6- 8 hours or until chicken is tender and falling apart. Once chicken has cooked take a fork and shred it into the barbecue sauce. This should just happen as you stir the mixture anyway.

Serve on whole-wheat buns with pickles and onions for some really satisfied guests. BBQ Chicken Recipes are usually easy to prepare, and can easily compete with the more expensive beef recipes.

Barbara is known by those who know her as the cook with the golden pen, and for good reason. Her recipes are always adventure with a happy ending. This easy bbq chicken recipe is just one example of many to be found at <http://www.steaks-guide.com>

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Low Fat Chicken Recipes You

Can Make at Home

We've all had those wonderful moments at mealtime, where you're blissfully eating away at the most delicious bite of heaven on earth... you take another bite... mmm... and another. Before you know it, you're scraping your plate clean, then licking it clean (sorry, Spot, none for you today), and a feeling arises from the pit of your stomach, and it's not from the dinner. You realize just ate something that's only going away if you park ten miles from the grocery store's front door. You can't easily work this off by "taking the stairs" at the office tomorrow. We all know that feeling, and I'm here to help you avoid it.

Now, I'm not here to tell you that you can't eat yummy food! You simply have to know how to plan what you want to eat, then turn it into something that you can devour guilt-free. There are countless ways to make a meal healthy, so let me point you in one direction to get started. We're going to explore low fat chicken recipes. I would like to share three scenarios of how to change your life, starting with changing your recipes.

1. You are a one-dish mess sergeant. You plan to bake your family a casserole tonight because the shepherd's pie leftovers are gone and enchiladas are in the Tupperware at your hubby's office. I love casseroles, so I can totally relate to this, but, we all know that they are infamous for being on the higher calorie end of the spectrum.

One of my favorite dishes is chicken enchiladas. This is a tasty that most of us have tried, and I'll tell you how to make it into one of the low fat chicken recipes. Boil your chicken. You don't need any fat to do this. When you need to add flavor to the chicken, use double amounts of green chiles!

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(BTW, if you've never tasted green chiles, then stop reading this right now, Google "chicken enchilada recipe", and head off to the store. It is so worth it!) Finally, when you make the sauce, use fat free sour cream and low-fat cream soup. Now this is all assuming your recipe is similar to mine, but I think you get the idea. It's okay to deviate from the script, while still having the ease of the one-dish meal.

2. You are a crockpot momma. I am not. But, I have had my share of attempts at the crockpot, and here is my most successful recipe. First, you must use skiness, boneless chicken breast or turkey breast, or this is a lost cause. When you crockpot meat, it tastes so moist and juicy because the food is simmering in its own fat for hours and hours and hours. We all know this can't be good for our health. Here is the trick. Get a can of soda. Cola is best because I understand it is more acidic, and it is A-OK to be diet! So grab that diet soda or two and add it to your chicken in the crockpot. And last, add a flavor, like a bottle of salsa, some Season-All, some salt and pepper... almost anything. The soda will essentially tenderize your meat, just like when you put acid (i.e. lemon juice or vinegar) in a marinade. So... give it a try... no fat necessary.

3. You are a restaurant critic. Or you'd like to think you are. We all have our favorites. I can think of my favorite ten right now, and I was tempted to visit all of them on my last trip to my hometown, but no... I held back. I wanted to be a good example to my sisters, and I taught them one of my latest discoveries. The Internet. Well, I didn't JUST discover this, but I told them what I had recently learned.

We have a favorite meal at a restaurant called Cafe Rio. They have a meal called the "Pork Barbacoa Tostada". I wanted to

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have it for breakfast, lunch and dinner... and snack. Needless to say, at our weekend party, I taught them how to make it. I had simply Googled a variety of words until I ran into the recipe for the pork. Lo and behold, this is where I had learned about the soda pop crockpot trick. We made the meat this way. The other unique taste in this meal is the dressing. I was able to find two recipes for it... one complex, and one simple. Of course, I used the simple one... why not? FYI, if you'd like to try it, you mix a bottle of ranch dressing (low cal or fat free in my modified version) with a bottle of green salsa.

We were floored when we tasted it. It was perfect, and maybe even BETTER than the restaurant's version of the salad. Alas, we were in control of our portions, calories, music selection... everything that makes the restaurant experience awesome was now perfect. So, let me just remind you that starting your journey to good health with low fat chicken recipes is a great way to go. It is simple and exciting to know you have made your own weight loss success!

Lisa Abercrombie is a mother of three boys who tries to keep her family's meals healthy every day. Her husband has jumped on the bandwagon and helps her with ideas in creating low fat chicken recipes for her site.

Low Fat Chicken Recipes

Tips For Cooking Chicken In The Oven

Oven-baked whole chicken is budget-friendly and an impressive party dish that requires very little work. You could serve baked chicken for a reception dinner choice or at an engagement or bridal shower party. It is also a good all-purpose dish for both bridal partners to know once they enter married life. Follow these simple tips and your oven-cooked chicken will turn out perfectly every time.

*Prepare

If the chicken is frozen, thaw under cool running water for several hours, or ideally, thaw in the refrigerator for at least 24 hours. On cooking day, preheat the oven to 350 degrees and take the chicken out of the fridge. Place in the sink. Remove any wrappings and reach inside the cavity to pull out the neck, heart, and other organs that may be there. Wash all under cool running water and pat dry with paper towels. Place chicken on a plate and clean your hands and work surfaces immediately. Rub whole chicken with 2-3 tablespoons of olive oil and season with one of these combinations: poultry seasoning and black pepper; paprika, salt, and pepper; lemon-pepper seasoning and salt; oregano, basil, and garlic; rosemary and tarragon; or any seasoning blend you like.

*Bake

For beer-can chicken:

Open a fresh can of beer and drink (or pour out) about 3/4 of it. Holding the chicken in one hand, angle it slightly and ease the beer can into the chicken's cavity. Carefully stand the chicken up so that it is supported and upright on top of

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the can. Put can and chicken, standing up, onto a roasting pan or cast-iron skillet. Bake for 1.5 to 2 hours.

For roast chicken:

Cut up potatoes, carrots, and onions into 1-inch cubes. Place in the bottom of a roasting pan. Place chicken, breast-side up, on top of the bed of vegetables. Roast 1.5 to 2 hours.

For baked chicken:

Place chicken, breast side down, into a roasting pan. Bake in 350* oven for 60 minutes. Remove from oven and carefully turn the chicken breast side up and place back in the oven for at least 30 more minutes. This method will help the breast remain moist and tender.


*Test

For all methods, the chicken is done when the chicken registers 165 degrees on an internal meat thermometer at the deepest part of the breast and in the leg near the bone.

*Finish

Remove chicken (and vegetables, if using) from roasting pan, and pour off all but 3 tablespoons of juices. Put roasting pan or cast-iron skillet on your stove and heat over medium-high heat. Pour 2 cups of wine, chicken broth, or water into pan and deglaze. Scrape bits of chicken off the bottom and sides of pan and season sauce with salt and pepper to taste. Cook the sauce at a simmer until it has reduced by at least half. Serve over chicken. Enjoy!

This method may take a little time to master, but once you've run through it a few times you will have mastered an easy method of cooking. Chicken may also be roasted in a crock pot or baked in a casserole, but there is nothing juicier and more

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flavorful than a chicken roasted the old-fashioned way in the oven.

Alex Lemone is writes about family and wedding related topics. For more ideas for reception food and other wedding ideas, check out Wedding Ideas Etc.