

Kickin' Chicken

This main entree is so easy, it's silly! The dry rub adds copious amounts of spicy flavor, while the chicken stays super tender and juicy cooking in the dutch oven (or crock pot). Serve with a side of sauteed kale, spinach salad or your favorite vegetable.

Ingredients:

2 tsp olive oil to coat bottom of dutch oven (use much less if cooking fattier cuts of meat such as chicken thighs)

1 large sweet onion, sliced in rings

1 large garlic clove, minced

1 lime, juiced

1/2 tsp sea salt

1/2 tsp black pepper

1 1/2 tsp chili powder

1/4 tsp cayenne pepper

1/8 tsp cinnamon

4-5 chicken breasts or 2 lbs of chicken thighs

Directions:

1. Preheat oven to 325°. In a separate bowl, mix together sea salt, black pepper, chili powder, cayenne pepper and cinnamon for the dry rub.
2. Coat dutch oven with about 2 tsp of olive oil or less if using chicken thighs. Place sliced onions and minced garlic on the bottom.
3. Place chicken on top of onions and garlic, and pour lime juice evenly on ingredients.
4. Sprinkle dry rub on chicken making sure it is completely coated.
5. Bake for 80-90 minutes or until chicken is cooked and its juices run clear.
6. Serve chicken with onions and juices ladled on top, and your favorite vegetable on the side.

Serves 4-6