



This recipe calls for chicken thighs but you can use a whole chicken as well. Here is what you are going to need for four people:

8 chicken thighs

Salt & Pepper

Garlic powder

1 large lemon - juiced

Yellow mustard

Preheat the oven at 375 degrees.

Rinse and pat dry the chicken thighs. Rub them in garlic powder. Drizzle them with the lemon juice and cover with mustard. Season with salt and pepper - careful with the salt as the mustard has plenty of it. Place the thighs in an oven proof dish or a roaster.

Bake the chicken for approximately 50 to 60 minutes - until skin is crisp and interior of thigh registers 170 degrees F. Remove from oven and serve with your side of choice. We had ours with parsley fingerling potatoes and a salad. Enjoy!

TheFrugalChef™2010

www.TheFrugalChef.com