



# Noreen's Kitchen

## Honey Roasted Chicken

### Ingredients

1 whole chicken, cut up  
1 medium onion

#### Dry Rub

1 teaspoon salt  
1 teaspoon chicken seasoning blend  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon paprika  
1/2 teaspoon chipotle powder

#### **Sauce**

1/2 cup honey  
1/4 cup Dijon mustard  
1/4 cup soy sauce  
4 cloves garlic, minced

### Step by Step Instructions

Preheat oven to 375 degrees.

Prepare a 9 x 13 inch baking dish with vegetable oil spray.

Place sliced onion, evenly in bottom of baking dish and set aside.

Mix spices for the dry rub together well.

Sprinkle each piece of chicken with the spice rub being sure to coat completely.

Lay the chicken pieces into the baking dish on top of the onions.

Mix the sauce ingredients together, whisking to incorporate.

Brush the chicken with some of the sauce. Not all of it at one time.

Bake for 30 minutes. Reduce oven temperature to 350 degrees.

Remove from oven and brush again with the sauce. Return to oven for 10 minutes.

Remove chicken from oven and brush with the sauce one last time. Return to oven for an additional 15 minutes to finish.

Remove from oven. Chicken is done when the internal temperature when taken with an instant read thermometer is at least 160 degrees or when the thickest part of the meat when pierced renders clear juices with no pink visible.

Allow chicken to rest for 10 minutes before serving to allow juices to redistribute.

## **ENJOY!**