

Baked Chicken Delight with Honey

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Serves: 4-6 people

Yield: 6 pieces of chicken

Time: 1:00 hour

Ingredients

6 pieces of skinless chicken thighs,
drumsticks and/or chicken breasts
1 head of garlic, minced
¼ cup of olive oil
4 tablespoons of sazón (see page 58)
2 carrots, sliced in half moons
5 tablespoons of honey

Directions

- ✦ Preheat oven to 425° Fahrenheit.
- ✦ In a sauté pan, warm the garlic and olive oil over low heat for 5 minutes. Do not burn.
- ✦ Pour the olive oil and garlic mixture into a bowl along with the sazón. Stir together.
- ✦ Dip the chicken pieces in the marinade and allow to sit in marinade for 10 minutes.
- ✦ Place chicken in a shallow baking dish. Pour extra marinade on top. Bake in oven for 10 minutes, uncovered.
- ✦ Flip chicken then add the carrots to the pan. Bake for another 10 minutes.
- ✦ Take chicken out of oven and pour extra sauce into a bowl. Combine sauce with honey. Brush honey mixture onto each piece of chicken and pour extra sauce on top.
- ✦ Bake for another 5 minutes or until chicken reaches an internal temperature of 165° Fahrenheit.

Did You Know?

Removing the skin from the chicken pieces lowers the fat content and calories. Seasoning with a marinade lets the chicken absorb the delicious flavors and helps keep the chicken moist.

