



The Incredible 30-Minute Chicken

30-Minute Chicken Recipe

Our **Deep Covered Baker** and a flavorful seasoning mixture make this chicken easy and irresistible. This quick microwave method is a real time-saver, perfect for a weeknight meal or when a recipe calls for cooked chicken.

Chicken

- 1 whole chicken (3½-4 pounds)
- 1 tablespoon olive oil

Seasoning Mixture

- 1 tablespoon all-purpose flour
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- ¼ teaspoon dried thyme leaves

1. Lightly spray **Deep Covered Baker** with oil using **Kitchen Spritzer**. Remove and discard giblets and neck from chicken cavity. Rinse chicken with cold water; pat dry with paper towels. Trim excess fat using **Kitchen Shears**, if necessary. Tie ends of legs together with cotton string. Lift wing tips up toward neck; then tuck under back of chicken. Place chicken on **Cutting Board**; brush with oil using **Chef's Silicone Basting Brush**.
2. For seasoning mixture, combine ingredients in **Prep Bowl**; mix well. Completely coat outside of chicken with seasoning mixture. Place chicken, breast side up, in baker.
3. Microwave, uncovered, on HIGH 25-30 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).

Yield: 4-6 servings

Nutrients per serving: Calories 490, Total Fat 29 g, Saturated Fat 8 g, Cholesterol 165 mg, Carbohydrate 2 g, Protein 52 g, Sodium 450 mg, Fiber 0 g

Variations:

1. Use our **Pampered Pantry**SM rubs and seasoning mixes to give alternate flavors to your chicken.
2. **All-in-One Chicken Dinner** - Prepare chicken as directed above and place in baker. Combine 1 cup each celery and carrots, cut into 1-inch pieces, and 3 cups red or russet potatoes, cut into 2-inch pieces, in **Classic Batter Bowl**. Toss with additional seasoning, if desired. Arrange vegetables around chicken. Microwave, uncovered, on HIGH 35-40 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).
3. **Lightened-up 30-Minute Chicken** - Carefully remove skin from chicken; season as recipe directs. Microwave, uncovered, on HIGH 20-25 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).

Nutrients per serving: Calories 330, Total Fat 15 g, Saturated Fat 3.5 g, Cholesterol 135 mg, Carbohydrate 2 g, Protein 44 g, Sodium 420 mg, Fiber 0 g