

From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1.5 – 2 lbs. bone-in, skin-on chicken pieces
- ✓ salt, to taste
- ✓ ground black pepper, to taste
- ✓ Cajun seasoning mix (like Penzey's Cajun Seasoning), to taste

Easiest Cajun Roasted Chicken

(makes 4 servings)

When it's Tuesday night and you're shuttling kids back and forth, or when a project at work runs late, or you just don't want to think about dinner but you want something quick and delicious—this is your go-to no-brainer, my friends.

Directions

- Preheat oven to 400 degrees F (if you have a convection oven setting, set it on 375 degrees F).
- Cover a half sheet pan with foil (easy clean up, y'all), and stick a greased rack on top of it if you have one. This will keep the chicken lifted and result in crispier skin.
- Dry the chicken pieces with paper towels. The drier the skin, the crispier it'll get.
- Shake on the salt, pepper, and Cajun seasoning, making sure each piece is well coated. Don't go crazy here—a little goes a long way, but hey, this is your chicken, not mine.
- Place chicken on the rack, and roast for 40 minutes for legs and thighs, and 45 minutes for bone-in chicken breasts; flip the chicken halfway through the cooking time to make sure it cooks evenly. The chicken's done when the juices run clear.

Cook's Notes

- JT says: I'm a bit odd when it comes to thick cuts of meat. I feel it should be cooked much longer and at a lower temperature than most recipes call for. As such, here's how I would do this: **rub the skinless breast in olive oil first, then sprinkling the Cajun seasoning on and cooking at 350 for an hour.** Delicious, juicy, and healthier than the skinned version . . .

*As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog, *The Wine Vixen*, at TheWineVixen.com.*

