

Recipe from Dianne Zalewski

This is actually Jack's "famous" chicken. It began in the mid-1970s when Jack and I found ourselves flat broke with only four chicken thighs and a cupboard of spices left until payday.

You can use chicken thighs or chicken legs. We found that dark meat is best.

Heat the oven to 350 degrees. Mix 50% Salad Supreme, 25% garlic salt, and 25% lemon pepper spice for the coating. I mix it in a bag; Jack estimates as he spices the chicken. I like the spice all around; Jack throws it on top of the chicken in the baking sheet.

Lay the chicken on a baking sheet. No oil is necessary; the chicken provides its own juices.

Bake for 45 minutes. You can then turn up the temp to 450 degrees if you like a crispy top. The time varies from 5-15 minutes, depending on what you judge to be the way you like it.

Serve hot or room temp or cold. We used to take it to the park for a potluck picnic.