# Whole Bird Cooking

Cooking a whole chicken or turkey can be very economical and provide several meals for your family, but it also looks like a lot of work! Here are some ways you can turn a whole bird into delicious, inexpensive meals, without too much time in the kitchen!

## Breaking it down

One way to stretch a whole bird into several easy meals is to cut it up before cooking. First, remove the wings and legs by cutting down to the joint and then popping the joint out before cutting the rest of the way through. Then remove the breast meat by slicing down from the center of the chest bone, following ribs. After the breasts are removed, the rest of the chicken can be used for soup or stew, and the removed cuts can be cooked separately or frozen for later.

## Slow cooker chicken

For smaller birds, place breast-side up in a slow cooker and add seasonings and a little liquid (stock, wine, or water). Cover and cook on low for at least 4 hours, up to 8 hours. After removing the meat from the bird, you can return the bones to the slow cooker, cover with water, and cook on low again for at least 4 hours. You'll have a flavorful stock ready for your next soup!

# Easy Roasted Chicken

## INGREDIENTS
1 Chicken, 4-5lbs
Salt & Pepper

## INSTRUCTIONS
- Preheat the oven to 425 degrees F.
- Remove the chicken from the packaging, and take out any giblets from the inside.
- Place bird breast-side up on a roasting pan. Pat dry with a clean paper towel. Give the chicken a thorough coating of salt and pepper.
- Place the chicken in the oven and roast for 20 minutes. Turn the heat down to 350 degrees F, and roast for another 40 minutes. Remove from the oven, and allow to rest for 5 minutes before serving.

This chicken can be served with your favorite sides, or can be cut up and turned into several meals. Pull any leftover meat from the bones and use for recipes like:
- Shredded BBQ chicken sandwiches
- Chicken fajitas or quesadillas
- Chicken Caesar salad
- Chicken penne pasta

Remember to save the bones for stock or soup!