

BONELESS SKINLESS CHICKEN BREASTS

Size	Oven Temp	Cook Time
small 4-6 oz	350F / 175 C	22-30 minutes
traditional 8 oz	375 / 190 C	25-30 minutes
traditional 8 oz	400 / 200 C	approx 20 minutes

BONE-IN SKIN-ON CHICKEN THIGHS

Oven Temp	Average Time	Internal Temp
350F (175C)	50-55 min	175F (80C)
375F (190C)	45-50 min	175F (80C)
400F (200C)	40-45 min	175F (80C)
425F (218C)	35-45 min	175F (80C)

BONELESS SKINLESS CHICKEN THIGHS

Oven Temp	Average Time	Internal Temp
350F (175C)	40 min	175F (80C)
375F (190C)	30-35 min	175F (80C)
400F (200C)	20-25 min	175F (80C)
425F (218C)	not recommended	175F (80C)