

# Re-Roasted Rotisserie Chicken

Each chicken Serves 2



## INGREDIENTS:

1 or more rotisserie chickens from your favorite supermarket (1 chicken feeds 2 people)

Any spices you'd like to add (including fresh-ground Redmon's salt)

*THAT'S IT! Told ya it was easy!*

## INSTRUCTIONS

It makes it easier to handle the chicken if you put it in the fridge to chill down first. Then using your biggest, baddest knife, split the chicken lengthwise right down the middle. Add some fresh-ground [Redmond's Real Salt](#) into the INSIDE cavity of the chicken. Then you can start adding any kind of other spices you want. At our house we make hubby's half REALLY spicy, while I prefer to keep mine pretty basic or maybe add a little lemon pepper or Mrs. Dash's "Chicken" seasoning.

It can either be re-roasted in the oven on a rack over a sheet pan, OR (the way we do it) in our air fryer for 20 minutes at 300F, then turn up the temp to 400 and cook another 3 to 5 minutes. That ensures the skin gets REALLY crispy. In a conventional oven, you could use the same temp settings but you might want to extend the times a bit since it would take longer.

#lowcarbje