



Chicken With Cornbread Stuffing

4 to 5 lb chicken
5 cups crumpled cornbread (Not quite an 8X8 pan)
3/4 cup GFCF Margarine like Blue Bonnet Light or Fleischer Unsalted
1 onion diced
1/4 teaspoon thyme
1/4 teaspoon ground black pepper
1/2 teaspoon ground sage
1 teaspoon salt

These days it is often recommended to cook stuffing separately, but I like cooking the stuffing in the bird so I went looking for safe stuffing rules. Here is the link to the usda recommendations on food safety for stuffing. I thought I would post the link as they may change in the future

http://www.fsis.usda.gov/PDF/Stuffing_and_Food_Safety.pdf

First make an 8X8 pan of gluten free stuffing any kind you like I use my cornmeal mix cornbread
<http://www.lincolntent.com/recipes/CornmealMix.pdf>

Let the bread cool . Crumble 5 cups of cornbread about 3/4 of an 8X8 pan. Heat margarine and onion in a pan cooking onion in the melted margarine until soft. Stir in spices. Stir cooked onion and spices into crumbled cornbread. Rinse out the chicken and pat dry. Stuff loosely with the stuffing. Didn't take quite all of the stuffin. Brush chicken with melted margarine or oil and cook uncovered at 350 degrees for 2 1/2 to 3 hours until chicken is 180 degrees and stuffing is 165

<http://www.lincolntent.com/GFCF-Poultry.html>