

# Roast Chicken Rub

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**Yield: 1/2 cup**

*1/4 cup paprika  
2 tablespoons Kosher salt  
2 teaspoons garlic powder  
2 teaspoons dried oregano  
2 teaspoons ground thyme  
1 teaspoon pepper*

In a bowl, combine the paprika, Kosher salt, garlic powder, dried oregano, ground thyme and pepper.

Place in an airtight storage container.

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Per Serving (excluding unknown items): 121 Calories; 4g Fat (23.7% calories from fat); 6g Protein; 25g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 11294mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.