



LEMON, ROSEMARY & GARLIC ROAST CHICKEN

Basic Lifestyle

Ingredients

1 whole chicken, about 5 pounds
Morton's Lite salt to taste
freshly ground black pepper

2 lemons, one thinly sliced and one halved
2 medium onions, peeled and halved
8 cloves garlic, peeled
1 bunch fresh rosemary
1 TSP olive oil

Instructions

1. Preheat the oven to 350°.
2. Rinse the chicken inside and out with cold water. Pat dry with paper towels.
3. Season the cavity of the chicken with salt and pepper and line it with the lemon slices. Add the onion halves, garlic and rosemary to the cavity.
4. Squeeze the juice from the lemon halves all over the chicken and stuff the lemon halves into the cavity.
5. Place the chicken on a rack in a roasting pan. Drizzle the olive oil over the skin and rub in.
6. Roast the chicken in the oven for 1-1/2 hours or until a thermometer inserted into the thickest part of the thigh registers 160°.
7. Let the chicken rest for 15 minutes. Remove and discard the skin before carving.

Portion-Per-Serving Information: (Yields 9 servings)

Serving = 4 oz. cooked = 1 P