



ROSEMARY-GINGER CHICKEN

Basic Lifestyle

Ingredients

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| 1 (3-pound) roasting chicken | 1 TSP kosher salt |
| 2 TBS chopped fresh rosemary | 1 TSP ground red pepper |
| 1 TBS chopped fresh parsley | 1 TSP chopped peeled fresh ginger |
| 1 TBS chopped fresh sage | 1 TSP grated lemon rind |
| 1 TBS chopped fresh thyme | 2 TBS fresh lemon juice |
| 3 TBS minced garlic | cooking spray |
| 1 TBS olive oil | |
| 1 TSP kosher salt | |

Instructions

1. Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Trim excess fat. Place chicken, breast side down, on a cutting surface. Cut chicken in half lengthwise along backbone (do not cut through breastbone). Turn chicken over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
2. Combine rosemary and the next 10 ingredients (through juice). Rub garlic mixture under loosened skin and over surface of chicken. Cut a 1-inch slit in skin at the bottom of each breast half; insert tips of drumsticks into slits. Place chicken in a large zip-top plastic bag; seal bag. Refrigerate at least 2 hours or up to 8 hours.
3. Preheat oven to 425°.
4. Place chicken, breast side up, on the rack of a roasting pan coated with cooking spray. Add water to pan to a depth of 1/4 inch. Place rack in pan. Bake at 425° for 40 minutes or until a thermometer inserted into meaty part of thigh registers 180°. Remove from oven; cover loosely with foil. Let stand 5 minutes, and discard skin.

Portion-Per-Serving Information (Serves 4): Serving = 4 oz. = 1 P