



ROASTED CHICKEN

INGREDIENTS:

- 1 WHOLE CHICKEN
- 4 TBS SOFTENED BUTTER
- 1 LEMON
- 1 BULB GARLIC
- 2 TSP DRIED ROSEMARY
- SALT AND PEPPER
- 3 TO 4 LARGE CARROTS, CUT INTO 1 INCH CHUNKS
- 1 ONION, CHOPPED
- 1.5 LB BABY RED POTATOES, HALVED

INSTRUCTIONS:

THAW YOUR CHICKEN. PREHEAT OVEN TO 450 DEGREES AND ADJUST OVEN RACK SO THE CHICKEN WILL SIT CENTER. REMOVE NECK AND PAT DRY ALL OVER WITH PAPER TOWELS. IN A BOWL, COMBINE SOFTENED BUTTER, ZEST OF LEMON, AND CHOPPED ROSEMARY. SEASON OUTSIDE AND INSIDE OF CHICKEN WITH SALT AND PEPPER. CUT BOTH THE LEMON AND THE GARLIC BULB IN HALF AND PLACE INSIDE THE CAVITY OF THE BIRD. USE YOUR FINGERS TO LOOSEN AND LIFT THE SKIN ABOVE THE BREAST AND SMOOTH A FEW TABLESPOONS OF HERB BUTTER UNDERNEATH. SMEAR THE OUTSIDE OF THE CHICKEN WITH THE REMAINING HERB BUTTER. ADD THE ONION, CARROTS, AND POTATOES TO THE BOTTOM OF A 9X13 BAKING DISH. DRIZZLE A LITTLE OLIVE OIL ON THE VEGGIES, SEASON THEM WITH SALT AND PEPPER AND TOSS TO COAT. PLACE THE CHICKEN BREAST DOWN ON TOP OF VEGGIES. ROAST THE CHICKEN, UNCOVERED, AT 450 DEGREES FOR 10-15 MINUTES. THEN REDUCE THE TEMPERATURE TO 350 DEGREES AND ROAST FOR 20 MINUTES PER POUND. SKIN SHOULD BE GOLDEN BROWN AND THE JUICES RUN CLEAR. CHECK CHICKEN HALFWAY THROUGH COOKING AND IF THE SKIN IS GETTING OVERLY BROWN, COVER IT WITH A PIECE OF TINFOIL TO PROTECT THE BREAST FROM DRYING OUT. REMOVE CHICKEN FROM OVEN AND COVER WITH TINFOIL. ALLOW IT TO REST FOR 10 MINUTES BEFORE CARVING. SERVE WITH COOKED VEGETABLES AT THE BOTTOM OF THE PAN.