

Roast Chicken



Keep your family happy with this yummy roasted chicken recipe! Enjoy a quick and easy meal that everyone will love. You can pair this wonderful dish with vegetables or a salad.

INGREDIENTS:

- 1 Whole Chicken (3-4 pounds)
- ½ t Salt
- 1 t Garam Masala
- 2 T Light Extra Virgin Olive Oil

COOKING INSTRUCTIONS:

- ❖ Heat Oven to 415 degrees
- ❖ Clean chicken (your preference)
- ❖ Spatchcock the chicken
- ❖ Place the chicken flat in an oven safe roasting pan
- ❖ Sprinkle the salt and garam masala evenly over the chicken
- ❖ Rub the olive oil over the chicken
- ❖ Place roasting pan in middle of the rack
- ❖ Cook chicken for approximately 60 minutes or until the thickest portion on the meat thermometer reaches 165 degrees F.
- ❖ Let chicken rest for 10 minutes prior to serving

NUTRITIONAL INFORMATION:

- ✓ High in Protein
- ✓ Low Cholesterol Meat
- ✓ Low Sodium
- ✓ Low Carbohydrates