

Golden Roast Chicken with Lemon, Garlic, and Rosemary

PREP TIME

15 min

TOTAL TIME

110 min

Nutrition Information Per Serving

Makes 6 servings

FAT	PROTEIN	CARBS	CALORIES
16g	28g	1g	258

Ingredients

1 Tbsp fresh rosemary, chopped

3 cloves garlic, minced

4 tsp extra-virgin olive oil

2 tsp fresh lemon juice

2 tsp grated orange zest

1 tsp grated lemon zest

½ tsp salt

¼ tsp freshly ground black pepper

1 roasting chicken (about 3 lbs)

Instructions

1. Preheat oven to 400°F.
2. Coat a roasting rack and a 13 x 9 roasting pan with cooking spray.
3. Combine the rosemary, garlic, oil, lemon juice, orange and lemon zests, salt, and pepper in a small bowl.
4. Remove and discard the giblets and neck from the chicken.
5. Loosen the skin over the breast and legs by inserting your fingers between the skin and meat.
6. Rub the rosemary mixture under the loosened skin and over the breast and legs.
7. Tie the legs with kitchen twine and tuck the wing tips under the chicken.