

Roasted Rosemary Lemon Chicken

Ingredients:

2 large lemons, preferably organic
4-5 large sprigs rosemary, divided
1 (4-5 lbs.) whole fryer chicken, cut into
parts (bone in, skin on)
Sea salt and black pepper, to taste
3-4 large garlic cloves, finely minced
2 T. extra virgin olive oil

Tip: For best results, sprinkle salt and black pepper
under the skin prior to stuffing with the lemon, rosemary,
and garlic.

Directions:

1. Preheat oven to 400°F and line a large rimmed baking sheet with a piece of parchment paper or a Silpat™ baking sheet. Set aside.
2. Thinly slice both lemons, then cut the slices from one lemon into quarters. Break 2 of the rosemary sprigs into small pieces. Set aside.
3. Arrange the chicken on the prepared baking sheet without overcrowding. Use a sharp knife to gently lift the skin and sprinkle the meat with salt and black pepper, as desired.
4. Create a pocket under the skin with the knife and insert the quartered lemon slices, minced garlic, and the small pieces of rosemary inside. Drizzle the olive oil onto the chicken skin and coat the entire surface with a pastry brush. Sprinkle with additional salt and black pepper, as desired.
5. Scatter the whole lemon slices and rosemary sprigs onto the baking sheet and place into the pre-heated oven. Roast for 40-45 minutes, or until the chicken reaches 160°F on an instant-read thermometer and is nicely browned on top.
6. Remove from oven and brush the pan juices over the chicken with a clean pastry brush. Cover loosely with foil and rest for 5 minutes. Remove cover and brush pan juices over the chicken again. Discard rosemary sprigs and lemon slices before serving with your choice of sides. Enjoy!



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Prep time: 20 minutes
Cook time: 45-50 minutes*
Serves: 4-6