

LEMON HERB CHICKEN

CRISP, SUCCULENT, WHOLE ROASTED HERB CHICKEN WITH A HINT OF CITRUS



Yield: 7 – Serving Size: 4oz. – Prep Time: 15 Minutes



Ingredients:

- 1 Each - Whole Chicken
- 4 oz. - Unsalted Butter (1 Stick Butter), Softened
- 1 Each - Lemon, Sliced
- 1 Tbsp. - Sage, Fresh, Minced
- 1 Tbsp. - Rosemary, Fresh, Minced
- 1 Tbsp. - Thyme, Fresh, Minced
- 3 tsp. - Salt
- 1 ½ tsp. - Black Pepper

1) Combine the softened butter with the sage, rosemary, thyme, salt and black pepper.





2) Gently slide your fingers under the chicken skin on the breasts and legs to loosen it. Scoop some of the herbed butter under the skin. Smooth the skin to distribute the butter. Repeat with the remaining butter. Squeeze the lemon slices in the cavity of the chicken then place inside the chicken.



3) Tie the legs of the chicken together utilizing kitchen twine to ensure even cooking.

4) Place the chicken in a 425 degree oven for approximately 1 hour until the skin is golden brown and a thermometer inserted into the thigh reads an internal temperature of 165 degrees.



5) Remove the chicken from the oven and allow 10 minutes for the chicken to cool before carving.



6) Serve and enjoy!

Equipment Needed: Knife, Cutting Board, Kitchen Twine, Baking Pan/Sheet Pan

Calories: 482Kcal – **Calories from Fat:** 322.4Kcal – **Total Fat:** 35.9g – **Saturated Fat:** 12.5g – **Trans Fat:** .5g – **Cholesterol:** – 163.2mg **Sodium:** 1134mg – **Total Carbohydrate:** 1.6g – **Dietary Fiber:** .5g – **Sugar:** .3 g – **Protein:** 36.4g

