

ROASTED CHICKEN

Roasting a whole chicken is so easy, and the leftovers can be used in many ways when you want a super quick meal.

DIRECTIONS

STEP 1

Finely grate enough zest from the lemons to measure 2 tablespoons; set aside. Coarsely chop 2 lemons; place chopped lemons and rosemary sprigs inside the chicken cavity; tie legs together with kitchen string if desired.

STEP 2

Place chicken on a rack in a shallow roasting pan; brush with oil. Combine the minced rosemary, pepper, salt and lemon zest; rub over chicken.

STEP 3

Bake, uncovered, at 350° until a thermometer inserted in thickest part of thigh reads 170°, basting occasionally with drippings, 2 to 2-1/2 hours. Cover loosely with foil if chicken browns too quickly.

STEP 4

Let stand for 15 minutes before carving. Discard lemons and rosemary sprigs.

INGREDIENTS

- 2 to 3 medium lemons
- 2 fresh rosemary sprigs
- 1 roasting chicken (5 to 6 pounds)
- 1 tablespoon olive oil
- 2 tablespoons minced fresh rosemary
- 1 tablespoon coarsely ground pepper
- 1-1/2 teaspoons sa

NUTRITION FACTS

Serving Size: 5oz of chicken | Total servings: about 10
Per Serving: 281 calories, 17g fat, 5g saturated fat, 90mg cholesterol, 441mg sodium, 2g carbohydrates, 0g sugars, 1g fiber, 29g protein



Wisconsin Athletic Club

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