



The Easiest Roasted Chicken in the World

Serves six

1 whole chicken, about 3.5 pounds – thawed, no neck or giblets

Coarse salt – do not use plain table salt for this, it will not work

Black pepper

1 lemon – halved

Preheat your oven to 375 degrees F (190 C).

Line a roasting pan with aluminum foil – this is optional but will make your cleaning a lot easier. Cover the bottom of the pan with coarse salt.

Place a roasting rack on top of the salt.

Rinse the chicken and place it on a plate. You have to thoroughly dry the chicken – get under the wings and between the thighs. Dry both sides.

Place the chicken on the rack and continue dabbing if necessary. Place the halved lemon in the cavity and flip the chicken so it is breast side down. Add more black pepper to the chicken. Place the roasting pan into the oven and roast for 30 minutes.

Remove the chicken from the oven and flip it very carefully – do not burn yourself please. Return the pan to the oven and finish cooking the chicken for about another hour. The general rule of thumb is 20 minutes per pound. There are two ways to know if the chicken is ready – carefully separate the leg and thigh from the body and if the juices are running clear (no blood) it is ready OR insert a meat thermometer in the thigh area, close to the bone and it should read between 165 to 170 degrees. Please DO NOT eat raw chicken.

Allow the chicken to rest for about 10 minutes and carve. This will let the juices settle. Carve and serve. Enjoy!

CALORIES 225.15; FAT 9.68 grs (sat 3.04; mono 4.26; poly 2.38); PROTEIN 33.82 grs ; FIBER 0.28 grs; CARBS 0.70 grs; CHOLESTEROL 132.26 mg; IRON 4.54 mg; SODIUM 364.93 mg; CALCIUM 50.18 mg