



Simple Lemon-Roasted Chicken

Makes 6 servings

One 6-pound roasting chicken

2 crushed garlic cloves

juice of 1 lemon

1 sliced lemon

6 sprigs fresh rosemary

6 sprigs fresh parsley

sea salt to taste

freshly ground black pepper, to taste

- Preheat oven to 450 degrees
- Rinse chicken and pat dry. Rub outside of chicken w/1 crushed garlic clove and lemon juice. Fill cavity with remaining garlic clove, lemon slices, rosemary, parsley, sea salt, and black pepper.
- Arrange chicken, breast side up, on a rack set in a roasting pan. Reduce heat to 400 degrees. Bake about 1 hour and 15 minutes, or until tender and juices run clear when pierced with fork. Baste with pan juices.
- Allow chicken to rest at room temp. 10 to 15 minutes before carving.

