



Simple Roasted Chicken

Prep: 10 minutes plus standing

Roast: 1 hour 15 minutes • Serves: 6

- 1 (5- to 6-pound) whole roasting chicken
- 1½ teaspoons kosher salt
- ¾ teaspoon ground black pepper
- 1 medium lemon, halved crosswise
- 1 head garlic, halved lengthwise
- 3 tablespoons unsalted butter, melted

1. Preheat oven to 450°. Remove and discard giblets and neck from chicken. Place chicken in roasting pan; sprinkle ½ teaspoon salt and ¼ teaspoon pepper and squeeze juice from lemon inside cavity. Place garlic and lemon halves in cavity. Brush outside of chicken with butter; sprinkle with remaining 1 teaspoon salt and ½ teaspoon pepper. Tie legs of chicken together with kitchen string.

2. Roast chicken 30 minutes or until outside is browned; reduce heat to 375°. Roast 45 minutes or until thermometer inserted into thickest part of thigh reaches 165°. Let stand 10 minutes before slicing.

Approximate nutritional values per serving:

567 Calories, 35g Fat (12g Saturated), 205mg Cholesterol, 658mg Sodium, 0g Carbohydrates, 0g Fiber, 0g Sugars, 0g Added Sugars, 59g Protein