

THEODORA™

speaks



Kasia Hanson's Recipe Contribution

Working Moms -- busy during weeknights but looking for easy, healthy meals...this one is awesome...we use split chicken instead of whole chicken.

Weeknight Whole Roasted Chicken

This whole roasted chicken is the definition of simply, healthy comfort food. We promise, you will keep coming back to make this over and over again.

This chicken is marinated in Portland Pita Salt, and a few other ingredients and can be pulled together and in the oven in under 15 minutes, making it easy enough for a weeknight meal! The pan drippings make an amazing pan sauce that will leave everyone coming back for seconds.

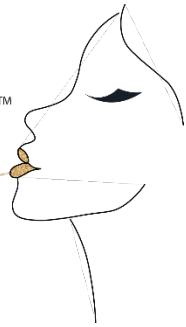
Servings: 4

Ingredients

- 1 Whole Chicken, preferably organic/free range, 4lbs
- 2 Onions, red or white, peeled and quartered
- Big Pinch Kosher or Sea Salt
- 2 Lemons, halved
- 4 Cloves Garlic, minced
- 3 Tbs Portland Pita Salt
- 1/3 Cup Olive Oil

THEODORA™

Speaks



Instructions

- 1. Pre-heat oven to 425 degrees F or 215 degrees C.*
- 2. Place whole chicken in a heavy bottom, oven proof skillet or cast-iron pan and pat dry with paper towels. Season inside the chicken generously with salt and tie the legs together with cooking twine.*
- 3. Make the marinade by combining garlic, juice of half a lemon, olive oil, and Portland Pita Salt in a small bowl and whisk together.*
- 4. Rub the marinade all over the chicken, including under the breast skin. Season with additional pinch of salt all over the skin. Roasted chicken LOVES salt.*
- 5. Layer the onions and remaining lemons around the chicken and place the pan in the oven, setting a timer for 20 minutes.*
- 6. After 20 minutes, drop the oven temp to 375 degrees F or 190 degrees C and continue to roast chicken another 50-60 minutes. When the internal temperature reaches 165 degrees F or 75 degrees C your chicken is fully cooked.*
- 7. REST, REST, REST! Rest the chicken, tented in foil for at least 15 minutes before carving and serving.*
- 8. Skim off the fat from the pan drippings and turn into a simple pan sauce or simply pour the juices over the chicken before serving. Bon Appetite!*