



Roasted Lemon Chicken

TOTAL TIME: Prep: 10 min. Bake: 1 hour + standing

YIELD: 6 servings.

This gorgeous herb-rubbed chicken is so moist and tender that you'll want to serve it for special occasions as well as family suppers. Margaret Wilson of Hemet, California shared the succulent entree.

Ingredients

1 whole broiler/fryer chicken (3-1/2 pounds)

1-1/2 teaspoons salt-free lemon-pepper seasoning

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/2 teaspoon seasoned salt

1/2 teaspoon dried thyme

1 medium lemon, halved

2 fresh rosemary sprigs

Directions

1. Loosen skin around chicken breast, leg and thigh. Combine the seasonings; rub half under skin. Cut half of the lemon into quarters and place in the cavity along with rosemary sprigs. Skewer openings; tie drumsticks together with kitchen string.

2. Place chicken breast side up on a rack in a roasting pan. Squeeze the remaining lemon over chicken; rub with remaining spice mixture. Bake, uncovered, at 375° for 1 to 1-1/2 hours or until chicken juices run clear and a thermometer reads 180° (cover loosely with foil if browning too quickly). Cover and let stand for 15 minutes. Remove and discard skin, and

discard lemon and herbs from cavity before carving.

Nutrition Facts

3-1/2 ounce-weight: 197 calories, 8g fat (2g saturated fat), 90mg cholesterol, 215mg sodium, 2g carbohydrate (0 sugars, 0 fiber), 29g protein. **Diabetic Exchanges:** 4 lean meat.

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