



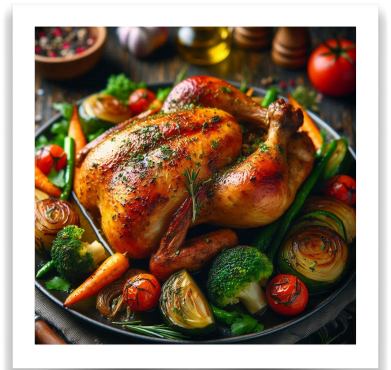
## *Garden Fresh Farm Recipes*

# Chicken Whole Oven-Roasted

Imagine a perfectly roasted chicken emerging from the oven, its skin golden-brown and crisp, with a slight sheen from the olive oil. The aroma of garlic, fresh herbs, and lemon fills the kitchen, enticing your senses. As you slice into the chicken, the meat is tender, juicy, and infused with the flavors of the herbs and seasonings. The outer layer of the skin gives a satisfying crunch, while the inside reveals succulent, flavorful meat. The roasted vegetables around the chicken are caramelized, their edges slightly crispy, and their insides soft and rich from soaking up the drippings. Every bite is a harmonious blend of savory, tangy, and earthy notes, making it a mouthwatering centerpiece for any meal.

### **Ingredients:**

- 1 whole chicken (about 4-5 lbs)
- 2 tablespoons olive oil (or melted butter)
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 tablespoon paprika (optional for extra color)
- 1 lemon, quartered
- 1-2 garlic cloves, crushed
- Fresh herbs (like rosemary, thyme, sage, parsley)
- 1 large onion, quartered
- Vegetables of your choice (carrots, celery, potatoes, etc.) for roasting alongside (optional)



### **Directions:**

Preheat your oven to 425°F (220°C).

Remove the giblets from the chicken cavity if there are any. Pat the chicken dry with paper towels. Drying it will help achieve a crispy skin.

In a small bowl, mix olive oil (or melted butter) with salt, pepper, paprika, garlic powder, and onion powder.

Rub the mixture all over the chicken, including inside the cavity. Stuff the cavity with lemon wedges, crushed garlic cloves, and fresh herbs.



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Tie the legs together with kitchen twine for more even cooking.

Place the chicken breast-side up on a rack in a roasting pan. If using vegetables, scatter them around the chicken in the pan and toss with a bit of olive oil, salt, and pepper.

Place the chicken in the preheated oven and roast for 60-80 minutes, depending on the size of your chicken.

Baste the chicken with its own juices halfway through cooking for extra flavor and crispiness.

The chicken is done when the internal temperature reaches 165°F (74°C) when checked in the thickest part of the thigh, or when the juices run clear.

Remove the chicken from the oven and let it rest for 10-15 minutes before carving. This helps keep the meat juicy.

Carve and serve with roasted vegetables or your favorite side dishes.

Enjoy your perfectly roasted chicken!