

# Smoky Garlic Roasted Chicken



## **INGREDIENTS** (Serves 6)

- 2 lemons, quartered
- 1 medium onion, halved and sliced
- 2 heads of garlic, sliced in half across the bulb
- 1 whole roaster chicken, 3 pounds
- 1 tablespoon kosher salt
- 2 teaspoon black pepper
- 1 teaspoon dried thyme
- 4 strips thick-sliced bacon

## **PREPARATION**

1. Preheat oven to 450 degrees F.
2. Cut lemons into quarters, lengthwise. Slice onion in half and then into ½-inch thick slices. Cut garlic heads in half, across the bulb. Set lemon, onion and garlic aside in a bowl.
3. Rinse and dry chicken well, inside and out. Combine salt, pepper and thyme and sprinkle liberally over the chicken, inside and out. Stuff inside of chicken with some garlic, lemon and onion until completely full.
4. Place remaining onions, lemons and garlic in the bottom of a large roasting pan. Place chicken on top and then put the bacon strips over the chicken's breasts. Roast for 50 minutes.
5. Remove bacon and continue roasting chicken for another 10-20 minutes until a thermometer inserted between the wing and body of the chicken registers 165 degrees F. Let chicken rest for 15 minutes before serving.

# Smoky Garlic Roasted Chicken

## SHOPPING LIST

### Produce

- 2 lemons
- 2 head of garlic
- 1 medium onion

### Meat/Poultry

- Whole chicken
- 4 thick bacon slices

### Spices/Seasonings

- Black pepper
- Kosher salt
- Dried thyme

## SERVING SUGGESTION

Serve with leafy green salad, your favorite fresh or frozen vegetables, baked or mashed potatoes or stuffing. Or, try serving with linguine and Puttanesca sauce and honey-roasted carrots.

## NUTRITIONAL INFORMATION

Per Serving: 554 calories, 40 g. fat, 308 mg. cholesterol, 6 g. carbohydrate, 1 g. dietary fiber, 42 g. protein, 336 mg. sodium

*The nutritional values and information provided are approximations.*

***This Rush Hour Recipe courtesy of:***

Neighborhood Co-op Grocery • Carbondale, Ill.

