



Spatchcocked Lemon Rosemary Roasted

This easy chicken dish makes great leftovers.

<u>U.S.</u>		<u>Metric</u>
1 each	Whole Chicken	1 each
1 each	Lemon, zested and juiced	1 each
3 Tbsp	Rosemary, fresh, minced	12 g
4 cloved	Garlic, minced	4 cloves
1 Tbsp	Olive Oil	15 mL
1 tsp	Kosher Salt	6 g
1/4 tsp	Black Pepper, ground	0.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C)
3. Combine lemon zest and juice, rosemary, olive oil, salt, and pepper into a small bowl. Mix
4. To spatchcock the chicken, first flip bird breast side down with the drumsticks closest to you. Then use kitchen shears to cut the backbone on either side. Open bird up wider exposing the white section of sternum bone/ cartilage. Cut a deep notch in the top of it then press down on the breast to flatten it.
5. Place chicken skin side up on a wire rack in a sheet tray.
6. Rub minced garlic on chicken.
7. Coat the chicken with the lemon rosemary mixture.
8. Bake chicken for approximately 40 minutes or until chicken is done at 165°F (74°C)

Nutrition Facts

Serving size	4 oz
Servings	6
Calories	160
Calories from Fat	50
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	75 mg
Sodium	410 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	24 g
Vitamin A	2 %
Calcium	2 %
Vitamin C	10 %
Iron	6 %
Phosphorus	194 mg
