

Eat Smart • Move More

Whole Roasted Chicken

Prep Time: 30 minutes

Total Time: 2 hours 30 minutes



Ingredients

- 1 (4-6 pound) whole chicken
- 1 tablespoon olive oil
- 5 potatoes, chopped
- 5 carrots, peeled and chopped
- 1 onion, chopped
- ½ teaspoon ground black pepper
- ½ teaspoon salt (optional)
- 1 cup water

Nutrition Facts

8 servings per container	
Serving size	1 serving
	(418.53g)
Amount per serving	
Calories	590
% Daily Value*	
Total Fat 33g	42%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 225mg	75%
Sodium 340mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes g Added Sugars	
Protein 46g	
Vitamin D 1.4mcg	8%
Calcium 40mg	4%
Iron 2.5mg	15%
Potassium 1460mg	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

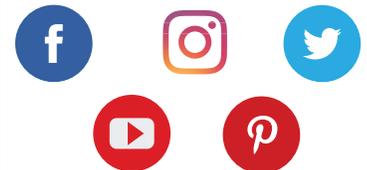
Directions

- Heat oven to 400°F. Remove the chicken from packaging and remove the giblets from inside the body.
- Pat the chicken dry (inside and out) with a dry paper towel then place the chicken in a roasting pan.
- Drizzle oil on the chicken and rub it all over the skin.
- Arrange vegetables evenly on the bottom of the roasting pan, surrounding the chicken. Season chicken and vegetables with black pepper and salt.
- Add water to the bottom of the pan and place in the oven.
- Cook for 1 ½-2 hours. Check if the chicken is done by inserting a cooking thermometer into the meatiest part of the thigh. Chicken is done when the internal temperature reaches 165°F.
- Serve warm. Refrigerate leftovers within 2 hours of preparation for up to 2 days. You can also freeze cooked chicken for up to 3 months in an airtight container.

Quick Tips

- ▶ Can use 1 tablespoon more oil, if needed.
- ▶ Red or Yukon Gold potatoes are great choices for this recipe.
- ▶ Try celery, fennel, apple slices, lemon slices, garlic, parsley, or thyme as other seasoning options.
- ▶ Can use chicken broth in place of water.

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