

Roasted Chicken

INGREDIENTS

- 1 whole chicken (about 4-5 lbs)
- 2 tbsp olive oil or melted butter
- 1 lemon, halved
- 1 head garlic, halved crosswise
- A few sprigs of fresh herbs (rosemary, thyme, parsley)
- Salt and black pepper
- Optional: 1 tsp smoked paprika for color

DIRECTIONS

1. Preheat oven to 425°F.
2. Pat the chicken dry with paper towels and place on a roasting pan or cast iron skillet.
3. Stuff the cavity with the lemon halves, garlic, and herbs.
4. Rub the outside with olive oil or butter, then season generously with salt, pepper, and paprika.
5. Tie the legs together with kitchen twine (optional, for even cooking).
6. Roast for 1 to 1 hour 15 minutes, or until the internal temperature reaches 165°F in the thickest part of the thigh.
7. Let rest 10-15 minutes before slicing so the juices settle.

Shortcut option: Spatchcock (remove the backbone) for faster, more even roasting - about 45-50 minutes total cook time.