

Roasted Chicken

Servings: 6

Ingredients

- 1 whole Chicken (I prefer free range organic)
- Garlic powder, or garlic Mrs. Dash

Directions:

1. Preheat oven to 350 degrees.
2. Wash the chicken and remove any extra parts in the cavity.
3. Place chicken on a vertical roasting rack, legs down.
4. Season with a little garlic powder, or Garlic Mrs. Dash, or whatever you like.
5. Bake 2 hours.
6. Remove from oven and let cool for 10 to 15-minutes before cutting up to serve.

The vertical poultry roaster you see here makes roasting chicken a cinch, and healthier since the drippings and fat drain into the little pan under the rack.



Nutrition:

breast, skinless; 4 oz.

Calories: 175	Protein: 33g	total carbohydrate: 0g	total fat: 4.5g
sugars: 0g	saturated fat: 1g	sodium: 617mg	dietary fiber: 0g

leg, 1.75 oz.

Calories: 86	Protein: 14g	total carbohydrate: 0g	total fat: 3g
sugars: 0g	saturated fat: 0g	sodium: 206mg	dietary fiber: 0g

thigh, 2 oz.

Calories: 120	Protein: 14g	total carbohydrate: 0g	total fat: 7g
sugars: 0g	saturated fat: 2g	sodium: 225mg	dietary fiber: 0g

wing, 1.5 oz.

Calories: 83	Protein: 13g	total carbohydrate: 0g	total fat: 3g
sugars: 0g	saturated fat: 1g	sodium: 334mg	dietary fiber: 0g

I usually serve roasted chicken with:

- mashed potatoes [2/3 c. ~150 calorie]
- (defatted) chicken gravy [1/4 c. ~ 50 calories]
- broccoli or asparagus [1/2 c. ~25 calories]