



Oven Roasted Chicken

12 Servings • 1 Serving = 4 Ounces

Recipe developed by Connie Guttersen, RD, PhD

INGREDIENTS

- 2 Tablespoons olive oil
- 2 Tablespoons white wine or white wine vinegar
- 1 Tablespoon Dijon mustard
- 2 Tablespoons rosemary, chopped
- 1 Tablespoon garlic, chopped
- Freshly ground black pepper, to taste
- 1 - 4 pound whole chicken, giblets and excess fat removed

DIRECTIONS

1. Place a shallow roasting pan with a rack in the oven and preheat oven to 375°F.
2. In a small bowl, combine olive oil, wine or vinegar, mustard, rosemary, and garlic. Season with pepper.
3. Gently loosen the skin from the breast and legs of the chicken, being careful not to tear the skin. Rub $\frac{3}{4}$ of the rosemary mixture underneath the skin of the chicken. Rub the remaining amount all over the skin.
4. Place the chicken in the roasting pan and roast for 50 - 60 minutes, until the juice runs clear or until the chicken is 165°F at the thigh or approximately 160°F at the breast.
5. Let rest in a warm place for 15 minutes prior to carving.

Nutrition Facts	
12 servings per container	
Serving size	4 ounces
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 150mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 353mg	8%

*The % Daily Value 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.

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