

Lemon Rosemary Spatchcocked Roast Chicken



Roasted chicken can be done on a weeknight with this easy method!

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| YIELD 4-6 SERVINGS | PREP TIME 15 MIN | TOTAL TIME 50 MIN |
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INGREDIENTS

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| 1 each | Lemon, zested and juiced |
| 3 Tbsp | Rosemary, fresh, minced |
| 4 each | Garlic Cloves, minced |
| 1 Tbsp | Olive or Canola Oil |
| 1 tsp | Kosher Salt |
| ¼ tsp | Black Pepper, ground |
| 1 each | Chicken, whole, giblets removed, (about 3-5 lbs.) |

CHEF'S NOTES

Spatchcocking (AKA butterflying) involves removing the backbone which allows the chicken to cook flat in roasting or grilling. This results in a quicker cooking time, more evenly cooked meat, and crispier skin.

If you are watching calories, feel free to remove the skin before eating or serving the chicken. You'll save about 100 calories for every 4 oz. serving of breast meat.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. Combine the lemon zest and juice, rosemary, garlic, oil, salt and pepper in a small bowl. Mix to combine.
3. To spatchcock the chicken, position the bird breast side down with the drumsticks facing you. Use kitchen shears to cut the backbone on either side as close to the bone as possible. Save the backbone for making chicken stock. Using a chef's knife, cut a notch into the cartilage and bone that runs down the center of the breasts. Flip the bird back to breast side up and use your hands to press down in the center to flatten.
4. Transfer the chicken skin side up on a wire rack placed inside a rimmed baking sheet.
5. Rub the lemon rosemary mixture all over the chicken. Tuck the wing tips under the breast to ensure they don't burn during roasting (alternatively, they can be removed and saved for stock).
6. Roast for about 40 minutes, or until a meat thermometer inserted into the thickest part of the thigh measures 165°F. Allow to rest for about 5 minutes before carving and serving.

Nutrition Facts

6 servings per container

Serving Size 4-6 oz. (168 g)

Amount per serving

Calories 360

% Daily Value *

Total Fat 26g 33%

Saturated Fat 7g 34%

Trans Fat 0g

Cholesterol 115mg 38%

Sodium 430mg 19%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 29g 57%

Vitamin D 0.38mcg 0%

Calcium 20mg 0%

Iron 1mg 8%

Potassium 300mg 7%

*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.

Recipe adapted from Health meets Food: Spatchcocked Lemon Rosemary Roasted Chicken (12/11/16)



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