

# Lemon Rosemary Spatchcocked Roast Chicken



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

<b>YIELD</b> <b>4-6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>50 MIN</b>
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## INGREDIENTS

2 each	Lemons
3 Tbsp	Rosemary, fresh, minced
4 each	Garlic Cloves, minced
1 Tbsp	Olive Oil
¾ 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. Place a metal cooling rack onto a half sheet tray lined with foil.
2. Cut one lemon into slices. Place the slices in the center of the prepared cooling rack, overlapping slightly (this will form the base for the chicken to roast on).
3. Zest and juice and remaining lemon and combine with the rosemary, garlic, oil, salt, and pepper in a small bowl. Mix to combine and set aside.
4. 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, if desired. Using a chef's knife, score 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 (you will likely hear a snap as the cartilage breaks).
4. Transfer the chicken skin side up on top of the lemon slices. Use your fingers to gently loosen the skin away from the meat on the breasts and thighs.
5. Rub the lemon rosemary mixture all over the chicken, including under the skin. 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 40-50 minutes, or until a meat thermometer inserted into the thickest part of the thigh measures 165°F. Once the thigh has the desired temperature, check temperature in the

thickest part of the breast. The breast should reach 160°F before removing it from the oven. If necessary, the thighs can be separated and allowed to rest while the breast continues to cook. Once the breast has reached the desired temperature, remove from oven. Allow to rest for about 5 minutes before carving and serving.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>4-6 oz. (168 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>360</b>
	<b>% Daily Value *</b>
<b>Total Fat 26g</b>	<b>33%</b>
Saturated Fat 7g	<b>34%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 115mg</b>	<b>38%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 29g</b>	<b>57%</b>
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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