

Whole Roasted Chicken with Carrots

6 SERVINGS 2 HOURS



INGREDIENTS

- 4 lbs Whole Roasting Chicken
- 2 Carrot
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 tbsp Rosemary (not used during elimination)
- 1 tbsp Thyme (not used during elimination)

NUTRITION

AMOUNT PER SERVING

Calories	404	Iron	3mg
Fat	15g	Vitamin D	0IU
Carbs	2g	Folate	26µg
Fiber	1g	Magnesium	73mg
Protein	62g	Zinc	4mg
Vitamin C	2mg		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Place the chicken on top of the veggies and coat in the remaining oil. Rub the sea salt, rosemary and thyme on all sides. Roast for 15 minutes.
- 03 Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature of the chicken reaches 165°F (74°C). This will take about 15 to 17 minutes per pound.
- 04 Remove from the oven and create a tent with foil over the chicken. Let it rest for 15 minutes before serving. Enjoy!

NOTES

RECIPE ID 111

SERVING SIZE

One serving equals approximately 2/3 cup of cooked chicken and 2/3 cup of roasted veggies.

ZERO WASTE

Save the chicken carcass to make bone broth.