

Slow Roasted Quarter Chicken

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

- 1 1/4 lbs Chicken Leg, Bone In (skin on)
- 1 Garlic (whole bulb)
- 1/3 cup Extra Virgin Olive Oil
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	474	Iron	1mg
Fat	42g	Vitamin D	4IU
Carbs	1g	Folate	4µg
Fiber	0g	Magnesium	26mg
Protein	23g	Zinc	2mg
Vitamin C	0mg		

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C). Slice just the top off of the garlic to expose the cloves.
- 02 Place the chicken in a dutch oven along with the garlic. Pour the extra virgin olive oil on top of everything and sprinkle the thyme and sea salt over the chicken.
- 03 Place in the oven and cook for 90 minutes, until the chicken is cooked through. Serve with a bit of the oil from the pan and enjoy!

NOTES

RECIPE ID 313

MORE FLAVOR

Use additional fresh or dried herbs such as rosemary or oregano.

MAKE IT CRISPIER

Sear the chicken after baking in a cast iron pan for about 2 to 3 minutes on medium heat.