

Oven Roasted Chicken



ingredients

- 4-6 pound whole chicken, (remove giblets and neck from cavity!)
- 1/4 cup butter, melted
- 3 tablespoons avocado or olive oil
- 1/4 cup white wine
- 1 lemon, halved
- Salt and freshly ground pepper to taste
- 4 garlic cloves, minced
- Lettuce leaves for garnish

directions

1. Preheat oven to 400 degrees.
2. Line a baking tray with foil, or lightly grease a roasting pan.
3. Discard neck from inside the cavity and remove any excess fat. Pat dry with a paper towel.
4. Pour the avocado or olive oil, melted butter, wine (if using) and the juice of half the lemon under the skin, inside the cavity and on top of the chicken.
5. Season chicken liberally on the outside and inside the cavity with salt and pepper.
6. Rub the minced garlic over the chicken and under the skin. Tie the legs together with kitchen string.
7. Place breast-side down into a baking tray or roasting pan and roast for 1 hour.
8. Turn the chicken breast side up and return to oven.
9. Bake and baste often, until juices run clear when chicken thigh is pierced with a skewer.
10. Baste again and then broil for 2-3 minutes or until golden.
11. Remove from the oven, cover with foil and let stand for 10 minutes before serving.
12. Place chicken on a bed of lettuce on a serving dish and drizzle with pan juices.
13. Cut the remaining lemon half into wedges or slices and use as garnish.