

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Ten-Hour Chicken

From *My Father's Daughter* by Gwyneth Paltrow

This dish is great when you are going to work in the morning but want a no-fuss meal when you get home. The long, slow cooking means the chicken basically braises in its own juices all day long. What you get is a falling-off-the-bone chicken, very tender and very juicy. Just make sure that the breast is down and you make a nice airtight seal with the foil. Then when you get home, remove the foil, turn the chicken over, and crisp up the skin for an easy "start it in the morning and don't worry about it until the evening" meal.

1 whole chicken (3-4 pounds), washed and dried  
1 lemon, halved  
Coarse salt  
Freshly ground black pepper  
½ bunch fresh thyme  
Half a head of garlic, peeled

1. Preheat the oven to 200° F.
2. Squeeze the lemon halves over the chicken in the pan. Generously sprinkle the chicken with salt and pepper all over (front and back, inside and out.) Tuck the thyme and the lemon halves and 3-4 cloves of garlic in the cavity.
3. Place the chicken in a rectangular roasting dish breast side down. Place the remaining garlic cloves around the pan.
4. Wrap the roasting dish tightly with aluminum foil (I also like to line the pan with foil for easy clean up.) and put it in the oven for 9 ½ hours.
5. Take the chicken out of the oven and boost the heat to 400° F. Unwrap the dish, flip the chicken so it's lying on its back - breast side up, and sprinkle with more salt and pepper. Roast for 15-20 minutes, or until it's nicely browned. Let the chicken cool slightly, then carve and serve.