

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Flat Roast Chicken

From *Mad Hungry* by Lucinda Scala Quinn

This is a quick and easy way to cook a whole chicken in less than an hour. With the backbone out, and the whole bird laid out flat, all the pieces cook evenly. If you wish, finish with a lemon sauce poured over after cooking, which tastes tangy and delicious over the crisp skin. An ovenproof 14-inch skillet, preferably cast-iron, makes for an easy job.

Serves 4

1 whole chicken (preferably free-range, organic), 3 to 4 pounds, backbone removed

Coarse salt and freshly ground black pepper

¼ cup extra-virgin olive oil

2 Tbsp unsalted butter

3 Tbsp fresh lemon juice

¼ tsp crushed red pepper flakes (optional)

2 garlic cloves, smashed and peeled (optional)

1. Preheat the oven to 400°F. Using kitchen shears, cut along both sides of the backbone to remove. You can reserve it for broth. Open the chicken's legs and spread the bird down flat, skin side up. Press down firmly on the breastbone to flatten it. Pat it dry with paper towels. Salt and pepper generously on both sides.
2. Heat a large oven proof skillet such as cast iron on high heat. Add 1 Tbsp of the olive oil and 1 Tbsp of the butter. Immediately add the chicken, skin side down. Allow to brown (without moving) for 3 minutes. Turn the chicken over, careful not to break the skin, transfer the skillet to the oven.
3. The chicken is done when it is golden brown and cooked through, 40 to 45 minutes. An instant-read thermometer inserted in the thickest part, not touching bone, should read 165° F. Remove the chicken to a cutting board to rest for 10 minutes. Add 1 Tbsp of the lemon juice and the remaining Tbsp of butter to the pan drippings and swirl around.
4. Meanwhile, if you want to make the lemon sauce, whisk together the remaining 3 Tbsp of olive oil, 2 Tbsp of the lemon juice, the red pepper flakes, garlic, and a pinch of salt. Cut the chicken into pieces, drizzle with the pan sauce and the optional fresh lemon sauce, and serve immediately.