

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Garlic Butter Roasted Chicken

From Seriously Delish by Jessica Merchant

- 1 (5-pound) whole chicken
- 4 Tbsp (1/2 stick) unsalted butter, at room temperature
- 4 garlic cloves, minced
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1 head garlic, top sliced off
- 2 Tbsp extra-virgin olive oil

1. Preheat the oven to 425°. Remove any loose parts from the chicken and discard. Trim any excess fat or feathers from the bird. Pat the chicken completely dry with paper towels.
2. In a small bowl, mix together the softened butter with the minced garlic, ½ tsp of the salt, and 1/2 tsp of the pepper. Take the butter mixture and stuff it under the skin of the chicken, focusing on the breast and the legs. All of the butter should be under the skin, not on top of it. Stuff the head of garlic into the cavity of the chicken.
3. Rub the entire bird with the olive oil and over it with the remaining salt and pepper. Use kitchen twine to tie the legs together and tuck the wings underneath the chicken's body. Place the chicken in a roasting pan or baking dish. I prefer to roast my chickens breast side down so all of the juices flow into the meat.
4. Roast the chicken until the juices run clear when sliced, 80 to 85 minutes. Remove the chicken from the oven and let it rest for 10 to 15 minutes before carving.