

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Jalapeno Mustard Roast Chicken

From *The Homesick Texan Cookbook* by Lisa Fain

This roast chicken uses the technique of spatchcocking. If you would like to see more detailed instructions on how to cut the chicken (along with photos) look at the previous healthy recipe for "Spatchcock Chicken with Potatoes" on www.webbwellness.com under the "past recipes" tab.

½ cup yellow prepared mustard
1 or 2 jalapenos, stems and seeds removed, chopped
¼ cup lime juice
6 cloves garlic
½ cup cilantro
½ tsp ground ginger
1 tsp ground cumin
2 Tbsp honey
Salt, to taste
1 3-to-4 pound chicken

1. In a blender or food processor, mix together the mustard, jalapeno, lime juice, garlic, cilantro, ground ginger, cumin, and honey until well combined. Taste and add salt.
2. Rinse the chicken and remove the giblets. To butterfly the chicken for more even cooking, remove the spine from the back of the chicken with poultry or kitchen shears, and save for another use.
3. Lightly salt the chicken all over, about 1 or 2 tsp. Take the mustard marinade and rub it all over the chicken, gently lifting the skin so you can spread some of it on the meat under the skin. Place the coated chicken in a plastic bag and refrigerate for up to 8 hours.
4. Preheat the oven to 400° and line a sheet pan with foil.
5. Take the chicken out of the refrigerator and lay it flat, breast side up on the sheet with the legs on the outside. Let it come to room temperature (about 20 minutes) and then cook in the oven for 45 to 50 minutes or when a thermometer inserted in the thigh reads 170° and the juices run clear. Remove from the oven and let it rest for 10 minutes before serving.