

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Spatchcocked Chicken with Potatoes

From Everyday Food Magazine – May 2010

This is a fast and simple one-pan dish that tastes great! The chicken is tender, the onion caramelizes and the potatoes get crispy. This is definitely a family favorite!

Serves 4

1 whole chicken

Coarse salt

Ground pepper

4 thin slices of lemon

4-6 sprigs fresh thyme

½ pound quartered new potatoes

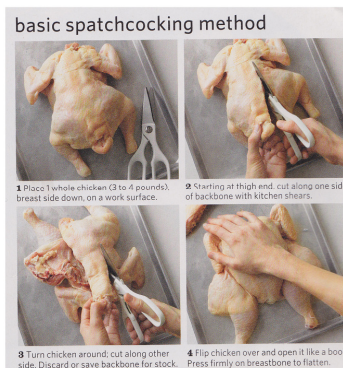
1 yellow onion, cut into 8 wedges

2 teaspoons olive oil

Preheat oven to 500°.

To prepare the spatchcocked chicken:

1. Place 1 whole chicken (3 to 4 pounds), breast side down, on a work surface.
2. Starting at thigh end, cut along one side of backbone with kitchen shears.
3. Turn Chicken around; cut along other side. Discard or save backbone for stock.
4. Flip chicken over and open it like a book. Press firmly on breastbone to flatten.



Season spatchcocked chicken with coarse salt and ground pepper. Using your fingers, loosen skin from breast meat; tuck 4 thin lemon slices and 2-3 sprigs thyme between skin and meat. Place chicken, breast side up, in a pan. In a bowl, toss the potatoes, the onion, 2-3 sprigs thyme with the olive oil; season with salt and pepper. Add to the pan. Roast chicken until juices run clear when pierced between breast and leg (an instant-read thermometer should read 165° when inserted in thickest part of a thigh, avoiding bone), about 30 minutes. Let rest 5 minutes before carving.

*Any pan will do for these recipes. You can use a roasting pan or a large cast-iron or other heavy skillet. I used a roasting pan lined with foil which made for easy clean up.