

# Oven Roasted Chicken

**Makes:** 6 Servings

## Ingredients

- 1 chicken, broiler/fryer (thawed, if frozen)
- 2 **tablespoons** Italian dressing, low-fat (or olive oil)
- 1 **teaspoon** garlic salt
- 1 lemon, quartered (or orange)

## Directions

1. If chicken is frozen, thaw in the refrigerator 24 hours before cooking.
2. Place chicken on a pan or plate while thawing in the refrigerator.
3. Preheat oven to 375°F.
4. Remove necks and giblets from chicken cavity, if present before cooking. Reserve for another use.
5. Place chicken, breast side up, in a roasting pan.
6. Brush chicken skin with Italian dressing and sprinkle with garlic salt.
7. Stuff lemon or orange into chicken cavity.
8. Roast 1 1/4 - 1 1/2 hours or until meat thermometer inserted into chicken thigh registers 165°F.
9. Let chicken set for 15 minutes after removing from the oven before carving.

University of Illinois Extension. Illinois Nutrition Education Program.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	288	
Total Fat	16 g	25%
Protein	33 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	4 g	20%
Sodium	489 mg	20%

## MyPlate Food Groups

Protein Foods	4 ounces
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