ROAST CHICKEN

Preparation time: 5 minutes
Cook time: 1 hour - 2½ hours

INGREDIENTS

<table>
<thead>
<tr>
<th>Weight</th>
<th>Cook time</th>
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<tbody>
<tr>
<td>2½ - 3 pounds</td>
<td>1 - 1¼ hours</td>
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<tr>
<td>3½ - 4 pounds</td>
<td>1½ - 1¾ hours</td>
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<tr>
<td>4½ - 5 pounds</td>
<td>1½ - 2 hours</td>
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<tr>
<td>5 - 6 pounds</td>
<td>1¼ - 2½ hours</td>
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1 whole chicken
1 tablespoon olive oil or canola oil
1 tablespoon Italian seasoning
1 teaspoon garlic powder
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Combine Italian seasoning, garlic powder, salt and pepper.
3. Rub chicken with oil, then rub with spice mixture.
4. Place chicken breast-side down in Dutch oven or roasting pan.
5. Bake, uncovered, until internal temperature reaches at least 165°F.
6. Let chicken rest for ten minutes before cutting.

TIPS & VARIATIONS

• FOR MORE FLAVOR try other seasonings like 1 teaspoon rosemary or thyme.
• SERVE WITH mashed sweet potatoes.

SIMPLY GOOD EATING