

# 30-Minute Spatchcocked Chicken

*Serves: 4-6*



## Ingredients

- 1 3-3½ lb whole chicken
- 4 tsp kosher salt
- 1 tsp black pepper
- 1 sprig rosemary, chopped (about 2 Tbsp)
- 2 Tbsp olive oil
- 1 large lemon, sliced into four pieces
- 10 whole garlic cloves, peeled (about one small head)

## Method

1. Preheat the oven to 500°
2. Unwrap the chicken, removing the loose parts.
3. To spatchcock (butterfly) the chicken, place on a cutting board breast-side down. Cut down each side of the backbone, removing it. Flip the chicken over, skin side up, and flatten by pressing on the breast bone.
4. Dry the chicken with paper towels on both sides. Move to the roasting pan skin side down. Season with half the salt, pepper, and rosemary. Flip it back over skin side up and rub with olive oil, then finish seasoning. Tuck lemon slices and garlic cloves underneath.
5. Roast for 30 minutes and check for doneness. Let rest for 20 more minutes while you cook accompanying vegetables, such as potatoes, broccoli, carrots, and onion.

**Per 4 ounce serving:** 273 calories, 34g protein, 2g carbohydrates (0g fiber), 13g fat (3g sat fat, 9g mono/poly), 275mg sodium



## Seasoned Cook

Use leftover chicken throughout the week with veggie and salad dishes. Remember that eating the chicken without the skin reduces the saturated fat by about half.

