

## **Remedy's Whole Roasted Chicken**

Remedyhealthandwellness.com

### **Ingredients**

- 1 organic whole chicken (approx 5 lb)
- 1 lemon
- 3 garlic cloves peeled
- 3 sprigs rosemary

### **Rub**

- 1 TBS Extra Virgin Olive oil
- 1 tsp Dijon mustard
- 1 Tbs Oregano
- 1 TBS Parsley
- 1 tsp Onion powder
- 2 tsp Sea salt

### **Directions**

- 1) Take out all giblets of the whole chicken
- 2) Place chicken in a baking dish and pat dry
- 3) Pierce the lemon and place in the empty cavity of the chicken
- 4) Place the garlic and rosemary into the cavity of the chicken
- 5) Mix all ingredients of the rub into a small bowl and then spread evenly onto the skin of the chicken. Even getting under the skin
- 6) Bake 400 degrees F for 90 minutes or until done. Juices should be clear and meat no longer pink.
- 7) Serve with your favorite vegetable side dish.