

West Virginia

Roast Chicken

Featured Food: Chicken

Makes: 7 servings

Ingredients

- 1 chicken, whole
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- salt and pepper to taste
- 1 tablespoon olive oil

Directions

1. Preheat oven to 375°F.
2. Combine Italian seasoning, garlic powder, salt, and pepper (optional).
3. Rub chicken with oil, then rub with spice mixture.
4. Place chicken, breast side down, in roasting pan or Dutch oven.
5. Roast 1 ¼ to 1 ½ hours or until meat thermometer inserted into chicken thigh registers 165°F.
6. Let chicken rest for 10 minutes before cutting.



Recipe from: University of Minnesota Extension, adapted by the USDA Food and Nutrition Administration.

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