

## A CenFully Good Recipe from



### **Rub Roasted Chicken**

4 servings

#### **Ingredients**

3-3 ½ pound whole fryer  
1 tbl extra virgin olive oil  
2 tbl fresh rosemary  
1 tbl chopped or snipped fresh sage  
1 tbl fresh savory  
½ tsp fresh cracked peppercorns  
¼ celery seeds

#### **Instructions**

1. Remove chicken and giblets from chicken, rinse cold water inside and out. Pat dry with paper towels. Brush with olive oil.
2. Finely chop rosemary, sage and savory with sharp knife
3. Combine herbs, peppercorns and celery seeds in a small bowl. Sprinkle half in cavity. Starting at neck and using fingers, gently loosen skin from breast to thigh forming a pocket. Rub remainder of mixture under skin.
4. Place on rack in roasting pan and roast at 375 for 60-90 minutes or until juice runs clear.
5. Place on platter and cover with ten foil tent for 5-10 minutes before carving.

Glycemic Index: low

Glycemic Load: low