

Amy's Roast Chicken

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The best roast chicken I have ever had. Here is Amy's recipe: <https://amycommonsensesouthern.com/2019/03/14/easy-roasted-chicken/>

If you eat the white breast meat only, the meat is 0 on blue and purple, and depending on how much you eat, count the points for green. I give the gravy 1 or 2 points depending on how much I use.

- 3-5 pound whole chicken
- 1/2 lemon
- 3-5 cloves garlic
- 1 med-large onion
- salt and pepper or favorite herb blend, to taste
- 2 1/2 Tbsp light butter

1. Pre-heat your oven to 425F.

Rinse the chicken and pat dry the outside skin thoroughly with paper towels. Add the lemon half and garlic cloves to the inside of the chicken and tie the legs together with a bit of cooking twine. Tuck the wing tips under the breast.

Slice the onion into rings and place in the bottom of a dutch oven or pan that can be used on top of the stove. Place the chicken on top of the onions. Brush with the melted butter and season with salt and pepper or dried herbs. Add a few tablespoons of water to the bottom of

the pan to prevent the onions from burning.

Place the pan UNCOVERED in the preheated oven for one hour. Remove the pan after one hour and check the onions. Add more water if the onions are getting too dark around the edges. Return to the oven for an additional 30 minutes. After the 30 minutes, remove the chicken from the oven and move it to a platter to cool.

Carefully remove the lemon from the chicken and squeeze some of the juice and pulp into the pan juices and onion. Alternately, when removing chicken from the pan, make it a point to insert a fork into the lemon so that the juices will drain back into the pan. Place the pan of juices and onion on a stove burner set to medium and simmer the sauce until it has thickened slightly. Serve the pan sauce along with the chicken.

If you prefer a thicker gravy, you can thicken with a cornstarch slurry!