

Lemon Herb Chicken

The wonderful thing about this meal is that it's easy to prepare as well as delicious. The best part is you can pop it in the oven and enjoy time spent with family or friends while it cooks. This recipe produces an incredibly moist chicken.

Serves 4 – 6

Preheat oven to 350 degrees. Combine the following **herb mix** in a small bowl:

1 tablespoon **fresh rosemary**, chopped
1 tablespoon chopped **fresh flat parsley**
1 tablespoon **fresh thyme leaves**
½ teaspoon **sea salt**

Rinse the cavity several times and remove the giblets if included of a:

3 – 4 pound **whole chicken**

Grease a 13 x 9 x 2-inch baking dish with **olive oil**. Place chicken in baking dish, breast side up. Place inside cavity of chicken:

1½ teaspoons of **prepared herb mix**
½ **lemon**, cut in half
½ small **onion**, halved
2 **cloves of garlic**, sliced

Briskly whisk together:

¼ cup **lemon juice**
2 tablespoons **olive oil**

Spread oil mixture over top of chicken. Sprinkle remaining herbs over the skin of the chicken. Add to liquid in pan:

1 cup **water**

Place in oven and bake for 1½ - 2 hours or until cooked through and no longer pink inside. The chicken should reach an internal temperature of 180 degrees when tested with a meat thermometer.

Slice and serve the chicken. Spoon some of the broth from pan over each serving.

New to Gluten-Free Cooking or Cooking for a Guest on a GF Diet FAQ

Cooking for a guest on a gluten-free diet or with food intolerances can be challenging. Please visit my website for suggestions and practical advice before preparing a gluten-free meal for guests. In the search box type, "Cooking Gluten-Free Meals for Guests". Detailed photo instructions for this recipe can also be found on my website.

- 1) ***Can I use dried spices?*** Yes, but not all spices are free of allergens. If you use dried spices, use only half of the recommended amount.
- 2) ***What part of the fresh thyme do I use?*** You want to use only the leaves. Each branch of thyme is called a sprig. You can pick the leaves off if they are very fresh. Or, if they've dried a bit, simply run your fingers tightly down the stem of the sprig to remove the leaves. It's actually kind of fun to do!
- 3) ***Can I grease my pan with a baking spray?*** Some baking sprays now have flour in them and most also contain soy.
- 4) ***Is this meal free of any other allergens?*** This meal is corn-free, dairy-free, soy-free and nut-free.

Possible Side Dishes

This meal would be wonderful with steamed vegetables like carrots, broccoli or green beans and a side salad with a homemade salad dressing of oil and lemon juice.