

## Kim's Roast Chicken Short and Sweet!



**PREHEAT:** oven, 375 degrees Fahrenheit

**PREP TIME:** about 10 minutes

**COOK TIME:** about 1 hour, depending on size of chicken

**PAN:** Roasting pan, small to medium

**4 – 6 pound chicken, hormone and antibiotic-free (fresh or frozen)**

Remove innards and wash clean with water. Place on side up in roasting pan. Lightly salt the cavity.

**2 sweet onions**, finely sliced

**1 teaspoon curry powder**

**1/2 teaspoon red pepper flakes**

**1/2 cup fresh cilantro, loosely chopped (1 Tablespoon dried cilantro)**

**1 teaspoon sea salt**

**1/4 cup live oil, extra virgin**

Place all in a bowl. Mix well. Take generous amount of mix and rub it all around the chicken until well coated. Place remaining mix into cavity. Place chicken in oven. Bake for about one hour, depending on size (Legs should fall off at the touch – no red juices coming from meat).

**Serves:** 3-5 – depending on age of your eaters!

**5 God-made COLORS:** white orange, red, green, golden

**4 Food Groups:** poultry, vegetables, herbs, essential fatty acids

Yes, curry and chicken are a delicious duo. Introduce this combo to your children. Curry adds a faint flavor to the roast, as do the red pepper flakes – so subtle that no one may be able to identify them, but just enough to lift the flavor of chicken. This mix is also a great rub for turkey.

Your dollar goes further with a roast. They take so little time to prep. While one is cooking you can make a salad and rice -and maybe even get a load of laundry in the washer. (Save the bones and juices to make a broth.)

The presentation of a mouth-watering browned roast is always impressive. It looks good – it smells good. Consequently, your family and friends then know it will be absolutely delicious. Furthermore, everybody is happy, whether they are a dark or white meat fan!