

Kim's Roast Chicken

PREHEAT: Oven, 375 degrees Fahrenheit

PAN: Small to Medium Roasting Pan

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

When thawed, remove innards and wash clean with water. Place top side up in a large roasting pan. Lightly salt the cavity.

- * 2 sweet onions, finely sliced

- * 1 - 1 ½ teaspoons curry powder

- * ½ teaspoon red pepper flakes

- * ½ cup fresh cilantro, loosely chopped

- * (1 teaspoon dried cilantro)

- * 1 teaspoon sea salt

- * ¼ cup extra virgin olive oil

Place all in a bowl and mix well. Take a handful, rub it all around the chicken, then stuff the cavity with it. Repeat until the cavity is brimming over with this mix. Place chicken in oven. Bake for about 1 hour, depending on size.

7 COLORS: white, orange, red, green, golden

FOOD CIRCLES: vegetables, poultry, essential fatty acids

Number of Servings: 4+

Serve With: Salad, broccoli, and brown rice