



Family Food Experts

Home of the Kid Kritics Approved Seal



Kim's Roast Chicken

PREHEAT: Oven, 375 degrees Fahrenheit

PANS/EQUIPMENT: Small to Medium Roasting Pan, mixing bowl

PREP TIME: 5-10 minutes

COOK TIME: about 1 hour

NUMBER OF SERVINGS: 4 or more depending on ages

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 1/2 teaspoons curry powder

1/2 teaspoon red pepper flakes

1/2 cup fresh cilantro, loosely chopped (or 1 teaspoon dried cilantro)

1 teaspoon sea salt

1/4 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. (Legs should fall off at the touch – no read juices coming from meat).

SERVE WITH: Salad, broccoli, and brown rice

RECIPE SOURCE: Kim's recipe

7 GOD-MADE FOOD COLORS: Tan, white, orange, yellow, red, green, golden

4 FOOD GROUPS: Vegetables, poultry, essential fatty acids, herbs/spices

Yes, curry and chicken are a delicious duo. Curry adds a faint flavor to the roast, as do the red pepper flakes. 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 and it smells good!