

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Roasted Chicken with Herb Butter

1 whole chicken
1/4 cup butter, room temperature
1 tbsp each sage, thyme, rosemary, finely chopped
(you can use one herb or a blend of all)
2 -3 cloves garlic, minced
Assorted root vegetables (potatoes, squash, carrots, beets,
parsnips etc.), onions or shallots, cut into 2 inch pieces
1 tbsp olive oil
Salt and pepper to taste

Preheat oven to 400 F. In a small bowl mix butter with herbs and garlic and season with salt and black pepper. Set aside

In the bottom of a large roasting pan toss the vegetables in olive oil. Season with salt and pepper. Push the veggies to the side making a spot in the center for the chicken.

Using your fingers, carefully separate the skin off the breasts. Stuff and spread the flavoured butter under the skin as far as your fingers can reach. Try to get some butter by the thighs as well. Careful not to tear the skin. Rub the whole chicken with the left over butter on your hands.

Roast for about 1 hour or until a thermometer into the meat near the inner thigh, between the breast and the leg making sure not to hit a bone, reads between 160 F and 165 F.
Serves 4



Recipe + photograph courtesy of chef + nutritionist, Leanne Rabinowitz, www.mapleherm.com

Episode #48: Winter Roasting

Email Lynn with questions or comments at lynnogryzlo@gmail.com

To speed up cooking time, spatchcock the chicken (removing the backbone). Place chicken on a cutting board. With poultry shears cut down either side of the backbone to remove it and lay the chicken down skin side up. Push on the breast bone to flatten.

Because What You Put In Your Body Matters!