



Roasted Organic Chicken with Citrus Marinade

Makes 6 servings ~ \$11.82 (\$1.97 per serving)

Ingredients

1 whole chicken, preferably organic (approx. 3 1/2 lbs.)*

Marinade

Zest and juice of 1 lemon

2 Tbsp. extra-virgin olive oil

2 Tbsp. local honey or agave nectar

1/3 cup fresh orange juice

1 big or 2 small garlic cloves, peeled and smashed

Several sprigs of fresh thyme (or 1 tsp. dried)

1 tsp. kosher salt; 1 tsp. freshly ground black pepper

Directions

1. Mix the marinade. Add the chicken and toss well to coat the entire bird. Cover and refrigerate.
2. Marinate for at least 30 minutes, or up to 6 hours if you have the time, turning several times to be sure marinade gets to the entire chicken.
3. About 30 minutes before you start cooking the chicken, preheat oven to 450°. (Turn oven down to 350° as soon as you put the chicken into oven to roast.)
4. Place the chicken on a rack in the roasting pan. Rub remaining marinade onto the chicken. Turn oven down to 350°. Roast chicken for 60-75 minutes, until skin is well-browned and the chicken is cooked through at its thickest point (170-180° with a meat thermometer).

When you take the chicken out of the oven, add a bit more of salt and pepper, cover loosely with aluminum foil for about 10-15 minutes. It's ready!

*Chicken can be roasted whole, or cut into halves or quarters before marinating. Adjust roasting time accordingly.

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