



# HEALTHY ST. PETE

## **Episode 5: Roasted Chicken**

Deputy Mayor Kanika Tomalin and Locale Market Chef Jeffrey Hileman as we learn how to roast a simple, yet delicious, chicken. Follow these easy steps to create the perfect holiday meal for family and friends.

### **Ingredients:**

- 3 lb whole chicken
- Buddle of thyme
- 1 bay leaf
- salt and pepper (to taste)
- 1 lemon
- 1 clove of garlic
- 1 onion
- Celery
- Carrots

Trim excess fat and skin of chicken. Fold wings under the breasts of the chicken.

Stuff chicken's cavity with mirepoix (50% onions, 25% carrots, 25% celery) and one bay leave, thyme, salt and pepper, garlic and lemon juice. Sprinkle the outside of the chicken with salt and pepper.

Truss the chicken's legs with cooking string.

Cook the chicken in the oven at 375 degrees for roughly 45-50 minutes.

Let chicken rest for a few minutes.

Serve with light salad of mixed lettuces, extra virgin olive oil, red wine vinegar, salt and pepper to taste.