

## Let's Talk Food Literacy

### Roasted Chicken

Makes 4 servings

#### Ingredients:

##### *Protein Foods*

1 whole fresh chicken approximately 3 lbs., giblets removed

##### *Vegetables, Herbs, Aromatics, and Oils*

1 large carrot, washed, peeled and coarsely chopped  
1 large onion, washed, peeled and coarsely chopped  
1 sprig of thyme  
Salt and pepper to taste  
2 Tbsp olive oil  
1 tsp paprika  
1 cup of chicken stock or water



*Roasted chicken with green beans, carrots, and whole grain rice.*

#### Method:

- Add 1 Tbsp of olive oil to an oven proof pan.
- Prepare your “trivet” to elevate the meat by placing onions and carrots on the bottom of the pan. Place chicken on top of the onions and carrots.
- With your fingers, gently separate the skin from the chicken breast. Now tuck the sprig of thyme in between the skin and meat.
- Use twine to tie the legs together.
- Drizzle 1 Tbsp of olive oil on top of the chicken, and season with salt, pepper and paprika.
- Place the roasting pan into a preheated oven at 350°F. A 3lb chicken cooks for approximately 1.5 hours.
- Use a clean, calibrated thermometer to check the thigh for doneness. Whole poultry is done once an internal temperature of 82°C (or 180°F) is reached.
- Remove the chicken from the roasting pan to a clean plate. Partially cover and rest the meat for about 10 minutes, partially covered with foil.
- Remove the roasted vegetables and set aside.
- To deglaze the pan, place the roasting pan on top of the stove, and turn on the heat. Add about 1 Cup of water or chicken stock. Using a wooden spoon scrape the caramelization off the pan, while the liquid is heating.
- Strain this jus through a sieve.
- Carefully slice the chicken, in half or into pieces, and serve with pan jus, vegetables, and whole grains. Enjoy!

## Tips and Tricks:

- **Store raw meat in sealed containers or plastic bags** on the bottom shelf of the fridge. This prevents raw juices from dripping down onto other food.
- **Check the temperature** to tell if meat is done. Ensure the thermometer isn't touching a bone (this throws off the temperature!).
- **A calibrated thermometer** means that it is adjusted to read an accurate temperature. To make sure your thermometer is reading the right temperature, fill a glass with ice and some water, and plunge the thermometer into the water. Once it registers, adjust the temperature dial or screw so that it reads 32°F or 0°. Once you sanitize your thermometer, you are ready to go!

Visit Health Canada's Website to find more tips on [food safety and storage](#).