



weekend intermediate

¼ cup chopped fresh herbs, such as parsley, sage, rosemary and/or thyme
2 cloves garlic, minced
2 tablespoons extra-virgin olive oil
2 teaspoons kosher salt
1 teaspoon freshly ground pepper
2 4- to 5-pound whole chickens, giblets removed

Preheat oven to 375°F. Lightly coat a large roasting pan with cooking spray.

Mix herbs, garlic, oil, salt and pepper in a small bowl to form a paste. Rub the herb mixture all over the chickens, under the skin and over the breast and thigh meat. Tie the legs together with kitchen string. Place the chickens in the prepared pan, breast-side up, preferably not touching each other.

Roast the chickens for 45 minutes. Rotate the pan 180 degrees and continue roasting until a thermometer inserted into the thickest part of the thigh, without touching the bone, registers 165°F, 45 minutes to 1 hour more. (Be sure to check the temperature of each chicken. One might be done before the other.) Transfer to a clean cutting board; let rest for 10 minutes before removing the string and carving.

Serves 12
Active Time: 20m
Total Time: 2h

NUTRITION FACTS

Amount per serving:
Calories: 165
Total Fat: 7g
Saturated Fat: 2g
Monounsaturated Fat: 3g
Cholesterol: 69mg
Sodium: 206mg
Carbohydrates: 1g
Dietary Fiber: 0g
Total Sugars: 0g
Added Sugars: 0g
Protein: 23g
Potassium: 201mg