



KITCHEN TOOLS

- Oven
- Baking Dish

YOU WILL NEED

- 4 to 5 pound chicken
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon thyme or italian seasoning
- 1 lemon

THE ICEBOX QUEEN

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SIMPLE WHOLE CHICKEN¹

feeds four – 1 hour

Pat chicken dry with paper towels, and remove gizzards if inside cavity. Rub salt, pepper, and herbs all over inside and outside of chicken. Cut lemon in half, and place inside the chicken.

Heat oven to 425 degrees. Place chicken in baking dish, and cook 15 minutes.

Reduce heat to 375 degrees, and cook 40 to 45 minutes.

¹ Cooking Video is at CaldwellFoodPantry.com