

## **Roast chicken**



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

## **About this recipe**

Serves

6

Serving size

1/6 of prepared recipe

Time to make

5 minutes preparation; 1 hour-2 1/2 hours cook time

## **Ingredients**

- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 whole chicken

- 1 tablespoon olive oil or canola oil

## Directions

- Preheat oven to 375 degrees F.
- Combine Italian seasoning, garlic powder, salt, and pepper.
- Rub chicken with oil, then rub with spice mixture.
- Place chicken breast-side down in Dutch oven or roasting pan.
- Bake, uncovered, until internal temperature reaches at least 165 degrees F.
- Let chicken rest for ten minutes before cutting.
- Weight - Cook time
  - 2 1/2 – 3 pounds - 1 – 1 3/4 hours
  - 3 1/2 – 4 pounds - 1 1/2 – 1 3/4 hours
  - 4 1/2 – 5 pounds - 1 1/2 – 2 hours
  - 5 – 6 pounds - 1 3/4 – 2 1/2 hours

## Tips and variations

- For more flavor, try other seasonings like 1 teaspoon rosemary or thyme.
- Serve with mashed sweet potatoes.
- Chop up leftover chicken and serve on a salad, in a wrap, or in a soup. Cooked, chopped chicken freezes well for later use.

## Nutritional info

Calories

319

Total fat

22.3 g

Saturated fat

6 g

Cholesterol

150 mg

Sodium

296 mg

Total carbohydrates

0.4 g

Dietary fiber

0 g

Protein

28 g

Total sugar

0 g

## **View other recipe categories**

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)