

Whole Roasted Chicken



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

- 1 whole chicken (3 ½-4 lbs)
- 1 tbsp olive oil
- 2 tbsp all-purpose flour
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp coarsely ground black pepper
- ½ tsp dried thyme leaves, crushed
- 1 cup carrots, cut into 1-inch pieces
- 3 cups red or russet potatoes, cut into 2-inch pieces

DIRECTIONS

Preheat oven to 350 °F. Clean work area. Wash your hands with soap and warm water for 20 sec. before you begin this recipe.

Lightly spray a roasting pan or baking dish with oil or wipe it with oil using a paper towel. Before handling the raw chicken, cut several pieces of string for tying the chicken.

Remove and discard giblets and neck from chicken cavity. Remove skin if desired and trim excess fat using kitchen shears or a knife. Tie ends of legs together with cotton string. Lift wing tips up toward neck; then tuck under back of chicken. Place chicken on cutting board; brush or wipe with oil using a brush or paper toweling.

Combine flour, paprika, garlic powder, salt, black pepper, and thyme in a small bowl. Mix well.

Completely coat outside of chicken with seasoning mixture. Place chicken, breast side up, in the baking dish.

Wash your hands with soap and warm water for 20 sec. Wash the cutting board and knife, if used, with soap and water or use a new cutting board and knife for later steps.

Using a cutting board and knife, cut carrots 1-inch pieces and potatoes into 2-inch cubes. Toss with left over seasoning or simply salt and pepper, if desired. Arrange 1 cup carrots and 3 cups potatoes around chicken.

Bake until the internal temperature reaches 165 °F as measured with a food thermometer – about 20 min per pound (about 1.5 hours for an average chicken).

To check the temperature, remove the baking dish from the oven and use clean tongs to grip the chicken. Insert the stem of the cooking thermometer (preferably a thin tipped instant read thermometer) into the inside of the thigh of the chicken being careful not to hit the bone.

Wash thermometer with hot soapy water after each temperature reading. Remove from oven let rest 10 minutes (the temperature may rise slightly; this is OK). Place the chicken on a clean serving plate when finished cooking.