

# My Roasted Chicken Recipe



**Try to us ALL Organic Products!**

1 tsp. Celtic Sea Salt  
1 tsp. Fresh Ground Black Pepper  
1 tsp. Fresh Ground White Pepper  
1 tsp. Garlic Powder  
1 tsp. Onion Powder  
2 tbsp. Chopped Garlic  
2 tbsp. Chopped Yellow Onions  
2 tbsp. Chopped Fresh Parsley  
2 tbsp. Chopped Fresh Basil

At least 1 stick Butter (just enough to mix the spices)

1 Cup Basil Leaves (For Chicken Cavity)

1 6 to 7 (or more if you can get it) pound whole Chicken

## Optional:

**1 Cup or more (if you wish) Chopped Onions (Your Choice of Onions)**

Preheat Oven to 350\* f. Combine the Butter and the Spices. Place the Chicken on a rack in roasting pan. Using your fingers, separate the skin from the Chicken Breast. Spread the Butter mixture under the skin; rub remaining butter mixture over the skin.

Place the Basil leaves in the chicken cavity and if you are using Onions, place them in the chicken cavity.

Roast until no longer pink AND the Internal Temperature is 165 degrees f., which normally takes 2 hours. Let stand around 10 minutes before carving and make sure you clean the cavity out and discard the Basil and Onions!

Roasted Chicken Recipe by Jeff Hertzog of [www.jeffhertzog.net](http://www.jeffhertzog.net)