



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Rosemary Lemon Roast Chicken with Brown Rice, Green Salad and Steamed Beets

Rosemary Lemon Roast Chicken

Recipe adapted from eatnourishing.com

Ingredients:

1 whole chicken, thawed
2 or 3 lemons
½ cup fresh rosemary (or ¼ cup dried rosemary leaves)

½ teaspoon pepper
1 stick of butter (½ cup)
1 large or 2 small onions

Instructions:

- Zest a lemon or two and chop up most of the rosemary. Add it to some softened butter. Add the pepper to the butter. If using unsalted butter, add a pinch of sea salt.
- Remove any organs/neck that came with the chicken. Wash the thawed chicken under cool water, inside and out. Place in a baking dish.
- Slather the chicken with the butter, including the extremities and crevices.
- Slice the lemons in half and juice them over the chicken. Stuff the remaining halves and the remaining rosemary into the chicken cavity.
- Chop onion into large chunks and tuck them in around the chicken, adding one or two chunks to the cavity.
- Put about ½ cup of water into the pan to make sure there is plenty of moisture available.
- Roast at 400 degrees roughly 20 minutes per pound of bird, until a meat thermometer reads 170 degrees in the thickest part of the meat. Check it every hour or half hour and if it starts to get too brown, cover it loosely in foil.
- Remove from oven and let stand for 10 minutes before carving.

Steamed Beets

Instructions:

- Wash and cut off the tops of desired quantity of beets.
- Place in steamer and steam until fork tender. Beets can be cut into smaller chunks to cook more quickly or kept whole.
- Drizzle with melted butter.

Cook rice according to package directions and season as desired (or with butter, sea salt and pepper to taste).

Prepare a green salad with a diversity of vegetables and a great homemade salad dressing (ask for our approved salad dressing recipes).

Don't throw out your chicken bones! Use them to make a nourishing, easy and delicious chicken broth (ask us for directions).

Enjoy!