

# BRC Healthy Meal of the Week

## Honey Roasted Chicken with Rosemary and Dijon -Another Delicious, Healthy Meal!

### Ingredients (Single Serving)

#### Total Prep Time 5 minutes

1 whole chicken, about 5 pounds  
salt to taste  
freshly ground black pepper  
1 tablespoon Dijon mustard  
3 sprigs of fresh rosemary  
1/4 cup honey  
1 lemon, zested, halved and juiced  
4 cloves garlic, peeled  
1/2 yellow onion, quartered

### Cooking Instructions—Total Cooking Time 60 minutes

1. Preheat oven to 375°F. Rinse the chicken under cold water and pat dry with paper towels. Season inside and out with salt and pepper.
2. Place the chicken in a large roasting pan.
3. Roughly chop two sprigs of the rosemary. In a small bowl, mix together Dijon mustard, honey, chopped rosemary, lemon juice and lemon zest.
4. Place the remaining sprig of rosemary, a lemon half, the onion quarters and garlic in the cavity of the bird. Using a pastry brush, coat the outside of the bird with the lemon honey glaze.
5. Place the roasting pan in the oven and baste the chicken every 15 minutes with any remaining glaze. Roast until a thermometer inserted into the thigh reaches 180° and juices run clear, about one hour. Remove and discard the skin. Serve hot or at room temperature.

### Nutrition Facts

Serving Size is about 1/4 of the chicken

- Calories 341
- Protein 47 g
- Total Carbohydrate 24 g
- Dietary Fiber 2 g
- Soluble Fiber 0 g
- Insoluble Fiber 0 g
- Sugar 18 g
- Total Fat 7 g
- Saturated Fat 1 g
- Monounsaturated Fat 2 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 0 g
- Cholesterol 148 mg
- Percent Calories from Fat 19 %
- Percent Calories from Protein 54 %
- Percent Calories from Carbohydrate 27 %
- Vitamin A154 IU
- Vitamin B1- Thiamin 0 mg
- Vitamin B2 - Riboflavin 0 mg
- Vitamin B3 - Niacin 18 mg

