



Noreen's Kitchen

Iron Skillet

Tuscan Roast Chicken

Ingredients

1 roasting chicken 3 to 4 pounds
¼ cup olive oil
1 lemon sliced thin
2 stalks of celery cut into chunks

2 fresh carrots cut into chunks
1 small onion, cut into quarters
2 tablespoons Tuscan Seasoning
Salt to taste

Step by Step Instructions

Preheat oven to 400 degrees.

Rinse chicken well, inside, and out, pat dry.

Place chicken in a cast iron skillet or roasting pan large enough to accommodate it.

Stuff the cavity of the chicken with the onion, celery and carrots. If you have more than will fit, place the extra around the bird in the pan or under it to act as a cooking rack. These will perfume the bird as it roasts.

Drizzle olive oil over the bird then using your hands, rub it evenly to cover.

Sprinkle Tuscan seasoning over the chicken evenly.

Sprinkle with salt if desired.

Place in oven for 30 minutes.

Reduce heat to 350 and continue roasting for an additional 45 minutes to an hour or until a meat thermometer inserted in the thickest part of the thigh reads no less than 160 degrees.

Remove from oven and tent with aluminum foil. Allow chicken to rest for 20 minutes before carving to serve.

ENJOY!!