

France: Poulet Roti (Roasted Chicken Français) – serves 4

1 small/medium chicken
1/2 tsp coarse salt
Cracked black pepper
2 tsp minced thyme

1. Preheat your oven to 450°F. Rinse the chicken inside and out, and dry well with paper towels. Sprinkle all over with the salt and black pepper.
2. Truss the chicken and roast in the oven for 50-60 minutes, until the chicken is cooked. Test by piercing the thigh with a sharp knife — when cooked through, the juices will run clear; a meat thermometer inserted into the center of the thigh should read 165°F.
3. Mix the thyme with the juices that have collected in the roasting pan, and baste the outside of the chicken with this. Rest for 15 minutes, then carve and serve.

Per serving: 514 Calories; 40g Fat (72.2% calories from fat); 35g Protein; trace Carbohydrate; trace Dietary Fiber; 80 mg Cholesterol; 376mg Sodium

Diabetic exchanges: 0 Grain(Starch); 5 Lean Meat; 5 Fat.