

Roasted Chicken with Lemon, Garlic, Parsley and Parmesan Sauce

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Adapted from a Martha Stewart recipe



Servings: 6

NOTES: This recipe originally started with just chicken and potatoes. If you wish to add about a pound of fingerling potatoes (halved, oiled), use a large enough roasting pan to accommodate all of the vegetables. Add potatoes from the beginning, then add vegetables after the first 15 minutes of baking.

1. Preheat oven to 425°F. Place chicken, breast side up, on a rimmed baking sheet. Rub with 2 tablespoons oil; season generously with salt and pepper. Place parsley and 1 lemon half in cavity. Tie legs together with kitchen twine.
2. Toss Brussels sprouts and zucchini with 2 tablespoons oil. Drizzle with juice from remaining lemon half. Season with salt and pepper. Set aside.
3. Roast for 15 minutes. Remove chicken from oven and add vegetables alongside the chicken. Put chicken back into oven. Reduce temperature to 375°F; roast for 25 minutes. Rotate pan, toss vegetables, and cook until chicken is golden brown and a thermometer inserted into the thickest part of the thigh reaches 165°F, about 25-35 minutes more. Let chicken and veggies stand for 10 minutes. Remove chicken to cutting board and carve. Place on a heated platter and serve with vegetables alongside.
4. SAUCE: Combine all sauce ingredients. After the chicken has rested for 10 minutes, brush sauce on chicken and drizzle on vegetables, and serve more sauce in a pitcher at the table. Trust me: it's all about the sauce.

CHICKEN:

- 3 1/2 pounds whole chicken
- 1/4 cup extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 1/2 cup Italian parsley
- 1 lemon, halved
- 1 pound Brussels sprouts, halved (if small, leave whole)
- 3 whole zucchini, cut in large chunks

SAUCE:

- 2 cloves garlic, minced
- 1/2 cup Italian parsley
- 1/2 cup extra-virgin olive oil
- 1 lemon, zested (2 teaspoons) and juiced (1 1/2 tablespoons or more to taste)
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt, coarse
- 1 Pinch red chili flakes

Per Serving (excluding unknown items): 891 Calories; 69g Fat (69.3% calories from fat); 55g Protein; 14g Carbohydrate; 5g Dietary Fiber; 244mg Cholesterol; 532mg Sodium; 5g Total Sugars; trace Vitamin D; 155mg Calcium; 6mg Iron; 1150mg Potassium; 536mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com