

ROASTED HERBED CHICKEN

$\frac{3}{4}$ cup lightly packed fresh basil leaves, chopped

$\frac{1}{4}$ cup lightly packed fresh parsley leaves, chopped

$\frac{1}{4}$ cup olive or canola oil

1 tsp salt

1 3 1/2-lb whole chicken

1. Place oven rack in center of oven. Place large roasting pan on rack; heat oven to 425 degrees F.
2. In bowl, combine basil, parsley, 2 Tbsp oil, $\frac{1}{2}$ tsp salt. With fingers or with wooden spoon handle, carefully loosen skin from breast and legs. With fingers, spread herb mixture under skin. Tie legs together with string. Rub chicken all over with 1 Tbsp oil; sprinkle with remaining salt and pepper if desired.
3. Remove hot pan from oven; add remaining 1 Tbsp oil to pan and tilt it to coat bottom. Place chicken on its side in pan.
4. Roast chicken 5 minutes; turn it onto its other side; roast 5 minutes. Turn Breast side up, and roast 40 minutes, until instant-read thermometer inserted into thickest part of thigh, without touching bone, registers 175 degrees F. Remove to cutting board; let stand 10 minutes before carving.

Serves: 6

Calories: 387 (leave most of the skin on the plate and decrease the calories substantially)

Exchanges: 4 lean meats and 3 fats