



[CapitalBlueCross.com](https://www.CapitalBlueCross.com)



Roasted Rosemary and Garlic Chicken

Ingredients

- 1 (3½ to 4 pounds) whole chicken, raw with skin
- ¼ cup stone-ground mustard
- 3 large garlic cloves, minced
- 1½ tablespoons chopped fresh or
- 1½ teaspoons dried rosemary

Directions

1. Preheat oven to 375 degrees.
2. Rinse chicken with cold water. Pat dry with a paper towel. Place chicken, breast side up, on a rack in a shallow foil-lined roasting pan or broiler pan. Starting at neck cavity of chicken, loosen skin from breast and drumsticks by inserting fingers between skin and meat, pushing gently. Combine mustard, garlic, and rosemary. Rub under loosened skin, and rub over breast and drumsticks.
3. Bake at 375 degrees for 1 hour and 10 minutes or until internal temperature of thigh is 175 degrees. Transfer the chicken to a carving board; let stand for 5-10 minutes (temperature will rise to 180 degrees). Carve chicken; transfer to serving plates.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Nutrition Facts

Serves 8

Calories	270
Total Fat	7g
Saturated Fat	2g
Cholesterol	160mg
Sodium	250mg
Total Carbohydrates	0g
Dietary Fiber	0g
Sugar	0g
Protein	49g