

Roasted Lemon Chicken

sweetbynurture@gmail.com

Serves 4

Preheat oven to 350°

- 1 whole chicken cut-up into 8/10 pieces; save the backbone and wing tips for stock
- 2 lemons (Meyer if you have them) halved. Juice three halves and you should have about 1/4 cup. Set aside the 4th half.
- 1/2 cup chicken stock
- 1/2 dry white wine
- 1 teaspoon granulated sugar
- 1 teaspoon chili powder
- 1 tablespoon garlic salt
- 1/2 teaspoon each of cinnamon, cumin, and paprika
- 1/4 chopped parsley
- 2 tablespoons of vegetable oil for roasting pan

Toss chicken with garlic salt and pepper and place skin side up in lightly oiled roasting pan, single layer. Combine remaining ingredients in a jug and pour around the chicken. Slice remaining lemon half and tuck around the chicken pieces. Bake in the oven for 20 minutes and then turn pieces and baste. Repeat two more times so that the total cooking time is about an hour. This chicken is delicious served over a bed of polenta (recipe below) and spoon sauce over the top. OR if you would rather make wedge roasted potatoes they work equally as well.