

Rotisserie Chicken

By: The Complete Slow Cooking for Two, Linda Larsen

Ingredients:

Nonstick cooking spray
3 garlic cloves, crushed
1 teaspoon salt
1 1/2 teaspoon ground smoked paprika
1 teaspoon dried thyme leaves
1/4 teaspoon freshly ground black pepper
1 (2 1/2 - 3 pound) roasting or broiler chicken
1 lemon

Instructions:

1. Spray the crockpot with nonstick cooking spray. Tear off 4 (18-inch-long) pieces of heavy-duty foil. Scrunch the foil into balls and place in the crockpot.
2. In a small bowl, mix the crushed garlic, salt, paprika, thyme, and pepper until well blended. Sprinkle 1/4 of this mixture inside the chicken; rub the rest onto the chicken skin.
3. Roll the lemon on the counter beneath your palm to soften it. Quarter the lemon. Put 2 quarters inside the chicken. Squeeze the remaining 2 quarters over the chicken, and put those pieces in the crockpot between the foil balls.
4. Place the chicken, breast-side down, on top of the foil balls.
5. Cover and cook on low for 8 hours, or until the chicken registers 165 degrees F on a meat thermometer and is very tender.
6. Carve and serve.

Serves: 2

Nutrition Information per serving: Calories: 1156;

Total fat: 46g; Sat. fat: 5g; Cholesterol: 510g; Carbohydrates: 5g; Fiber: 1g;

Protein: 171g.

Gluten-free; soy-free; nut-free

Notes: Do not rinse chicken or turkey before you cook it. This step does not clean the chicken - it spreads bacteria around your chicken. Just pat the chicken dry and us as directed in the recipe.



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