



# Skillet Roast Chicken

6 Servings • 1 Serving = 3 Ounces

## INGREDIENTS

- 1 (3 pound) fryer chicken
- 1/8 teaspoon salt
- Freshly ground black pepper, to taste
- ½ large white onion, sliced
- 1 lemon, thinly sliced
- 2 – 3 springs rosemary
- ¼ cup chicken stock

## DIRECTIONS

1. Preheat oven to 425°F.
2. Flip the chicken so that the back is facing you. Using kitchen shears, cut along the spine of the chicken and then turn it around and press down to flatten.
3. Pat dry the chicken with paper towels. Season with salt and pepper.
4. Place the onion, lemon, and rosemary into a large oven-proof skillet. Place the chicken on top of the onion medley, breast-side up. Roast chicken for 40-60 minutes or until chicken is fully cooked (165 °F internal temperature) and juices run clear. Check the chicken after 30 minutes to ensure it is not browning too quickly. If it is, cover lightly with foil.
5. Once chicken is cooked, remove it from the skillet and let rest for 10 minutes.
6. Add chicken stock to deglaze the skillet. Let the liquid reduce until slightly thickened. Carve the chicken and serve with pan juices on the side.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>3 ounces</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 371mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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