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Cooking Light

Bistro Roast Chicken

This herb-infused chicken goes great with mashed potatoes or roasted potato wedges. Serve the roasted heads of garlic on the side. Squeeze out the pulp and use it as a spread on baguette slices or as a condiment for the chicken.

Chicken Thighs
- easy to put
rub under skin

INGREDIENTS:

2 chicken leg quarters (about 1-1/2 pounds)
1 tablespoon chopped fresh or 1 teaspoon dried basil
1 tablespoon chopped fresh or 1 teaspoon dried thyme
1 tablespoon chopped fresh or 1 teaspoon dried rosemary, crushed
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper
2 whole garlic heads

INSTRUCTIONS:

Prep Time: 10 minutes
Cooking Time: 75 minutes

Preheat oven to 375°;

Rinse chicken with cold water; pat dry. Trim excess fat. Loosen skin from thigh and leg by inserting fingers, gently pushing between skin and meat. Combine basil and next 5 ingredients (basil through pepper). Rub herb mixture under loosened skin. Place chicken on a broiler pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.

Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil; place on broiler pan with chicken. Bake at 375°; for 45 minutes. Increase oven temperature to 450°; (do not remove chicken from oven). Bake 30 minutes or until thermometer registers 180°. Cover chicken loosely with foil; let stand 10 minutes. Discard skin.

NUTRITIONAL INFO:

calories: 358 carbohydrates: 22.4 g cholesterol: 100 mg fat: 15.2 g sodium: 682 mg protein: 33.7 g
calcium: 165 mg iron: 4 mg fiber: 1.3 g

YIELD:

2 servings (serving size: 1 leg quarter and 1 garlic head)

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