

**ATLAS
GYM**

Entree \$15

Roasted Chicken
with Lemon, Rosemary
& Spicy Peppers

Prep Time: 10 min
Rack Height: 1 inch
Power Level: HI
Cook Time: 1 hr.

Nuwave
PRE-HEATED INFRARED OVEN

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Roasted Chicken with Lemon, Rosemary & Spicy Peppers



Serves: 6

Questions: 1-888-689-2831

Ingredients:

- 4 lb. (1.82 Kg) fresh whole chicken
- 1 tablespoon dried rosemary (finely chopped)
- 1 tablespoon dried basil
- 2 - 3 cloves garlic (finely minced)
- 1/4 cup olive oil
- juice of 2 medium lemons (save squeezed lemon halves)
- 1 tablespoon crushed red pepper flakes
- salt & pepper to taste
- assorted vegetables (red potatoes, peppers, and squash - sliced thick)

Cooking Instructions:

1. Combine all seasoning ingredients into a large bowl and stir until thoroughly mixed.
2. Place squeezed lemon halves inside the chicken cavity.
3. Generously brush chicken with seasoning mixture.
4. Place chicken on 1 inch rack breast side down, and roast on power level HI for 30 minutes.
5. Turn chicken breast side up, place vegetables around chicken and cook on power level HI for an additional 30 minutes.

Options & Cooking Tips:

- To cook from frozen, simply increase your cooking time to 50 minutes for the first half and 50 minutes for the second half. Be sure to remove neck and giblets from the cavity at the half-way point, then insert lemon halves.
- Foil can be placed over chicken to prevent over browning.
- Consult your Quick and Easy Cooking Guide for more detailed instructions on cooking other varieties of vegetables.
- Place a piece of foil on the bottom of the liner pan for an easy clean up.

Suggested Wine: Pinot Noir Red Wine