

Sunday Roast Chicken

adapted from Ina Garten's [Perfect Roast Chicken](#)

Prep time: 2 hours, 1 ½ inactive

Ingredients (serves 8 with leftovers)

- 1 whole chicken, giblets removed (4-5 lbs)
- 1 yellow or white onion
- 1 head of garlic (about 12 cloves)
- 4-5 sweet potatoes (or white potatoes)
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- 1 Tbsp Herbs de Provence
- Extra virgin olive oil - about 2 Tbsp

Directions:

1. Dice sweet potatoes in about ½ inch cubes and layer them in the bottom of a 9x13 baking dish. You can peel them if desired, but I usually only scrub them well and cut off any discolored spots on the skin.
2. Peel the garlic cloves, leaving them whole and trimming the ends (if they are particularly large, cut in half so they're all about the same size). Add half the garlic to the sweet potatoes in the pan.
3. Slice onion in half, cutting one side into wedges and setting aside, then chop the other half into large chunks and add to the sweet potatoes.
4. Mix together ½ tsp salt, ½ tsp garlic powder, ½ tsp pepper and 1 Tbsp of Herbs de Provence in a small bowl.
5. Drizzle the vegetables with about 1-2 Tbsp of olive oil, then sprinkle about ⅓ of the seasoning mixture over the vegetables and toss to coat them evenly.
6. Pat the chicken dry with a paper towel, ensuring that giblets are removed and the cavity is dry. Set on top of the vegetables.
7. Stuff the remaining onion slices into the cavity of the chicken, packing in tightly
8. Gently work your fingers under the chicken skin on the top of the chicken – it should separate from the meat enough for you to slide the remainder of the garlic cloves under the skin and distribute as evenly as you can.

9. Drizzle chicken with a small amount of olive oil (about ½ tbsp) and rub it into the skin. Use the remainder of the seasoning mix to coat the chicken, making sure to cover all surfaces.
10. Cook on center rack of the oven until the internal temperature measures 165 when thermometer is inserted into the chicken breast – about 1 ½ hours. If the skin is crisping too quickly you can cover with foil, but the chicken should be nicely browned with a crispy skin, the potatoes should be moist with a good amount of juice in the pan and browned around the edges, and the meat will pull easily away from the bone.
11. Allow to rest for 10 minutes before cutting to allow the juice to redistribute. The vegetables in the bottom are a built-in side, but if you need to stretch this meal further you can easily serve over rice, using the vegetables and juice as a sauce. I usually serve this with a green salad and gluten free or french bread.

Notes: I do not usually recommend rinsing the chicken, unless it has been recently thawed and still has ice crystals inside. In this case, use cold water and pat dry thoroughly (dry skin ensures that it crisps well).