



## Honey and Lemon glazed Roasted Chicken

### Oshkosh Community YMCA

If you are looking for an alternative to turkey for thanksgiving or any holiday (or just because), you must try this honey and lemon chicken. A glaze of honey and lemon helps to create beautifully browned skin on each bird. A very beautiful and tasty recipe!

### **INGREDIENTS:**

- 3 (3-pound) chickens
- 1/4 cup plus 1 teaspoon honey
- 2 tablespoons plus 1 teaspoon fresh lemon juice
- 2 tablespoons soy sauce
- Salt
- 9 large rosemary sprigs
- 9 garlic cloves, quartered
- 1 lemon, cut into 12 wedges



### **INSTRUCTIONS:**

1. Preheat the oven to 450°. In a small bowl, combine the honey, lemon juice and soy sauce. Set the chickens on a large rimmed baking sheet and tuck the wing tips underneath. Season the cavities with salt and stuff each one with 3 rosemary sprigs, 3 quartered garlic cloves and 4 lemon wedges. Brush two-thirds of the honey glaze over the chickens and season lightly with salt. Roast in the middle of the oven for 30 minutes.
2. Reduce the oven temperature to 325°. Rotate the chickens in the pan and brush with the remaining glaze. Roast the

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe Source <https://www.foodandwine.com/recipes/honey-and-lemon-glazed-roast-chicken>

chickens for about 45 minutes longer, until the juices run clear when the thighs are pierced; turn the pan halfway through roasting. Transfer the chickens to a carving board and let rest for 15 minutes. Carve the chickens and serve.

## **NUTRITION:**

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>		
<b>Amount per</b>	259 g	<b>Total Fat</b>	6.5g	10%	<b>Total Carbohydrates</b>	11g	4%
1 serving (9.1 oz)		Saturated	1.6g	8%	Dietary Fiber	0g	1%
<b>Calories</b>	303	Trans Fat	0g		Sugars	9g	
From fat	58	<b>Cholesterol</b>	153mg	51%	<b>Protein</b>	48g	97%
<i>HappyForks.com</i>		<b>Sodium</b>	596mg	25%			
		<b>Calcium</b>	4%	<b>Iron</b>	15%	<b>Vitamin A</b>	3%
						<b>Vitamin C</b>	6%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe Source <https://www.foodandwine.com/recipes/honey-and-lemon-glazed-roast-chicken>