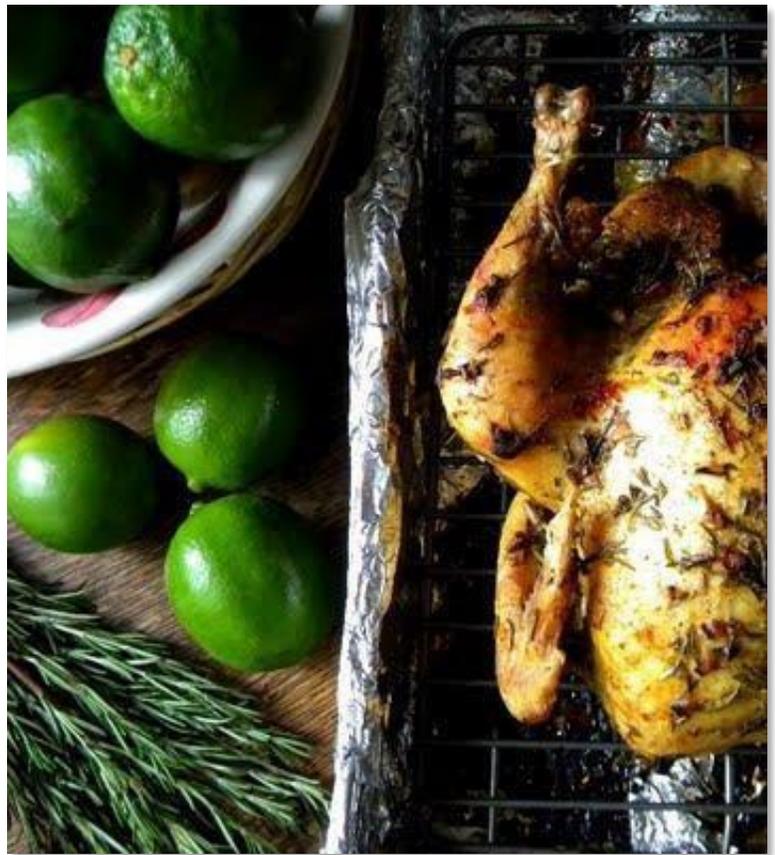


# Cleo Coyle's Roasted Chicken with Lime and Rosemary

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*Rosemary and lemon make a classic flavor combo for chicken, but I've always been a bigger fan of lime—and the plump, juicy limes in my local market were a beautiful inspiration. Their tangy, bright taste brings a lovely, lively flavor to a gently roasted bird. I hope you enjoy the combination as much as my husband and I do. ~ Cleo*



## Ingredients:

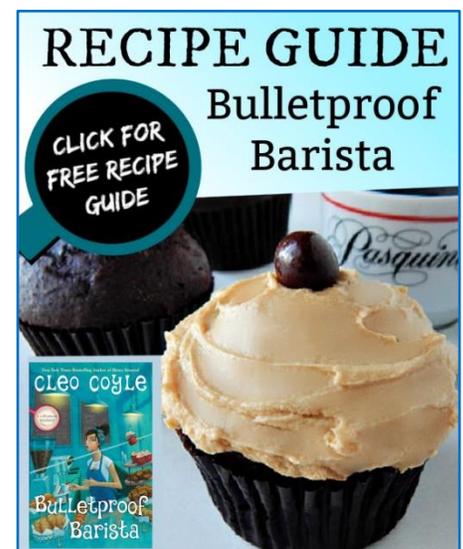
- 4 – 6 pound whole chicken
- 5 – 6 fresh limes (medium size)
- 1 tablespoon sea salt
- 6 cloves garlic
- 2 tablespoons chopped, fresh rosemary
- 1 teaspoon poultry seasoning
- ½ teaspoon white pepper
- 3 tablespoons olive oil (divided)

**Step 1: Prep meat and pan:** Preheat oven to 350° F. Allow meat to reach room temperature (20 to 30 minutes outside of refrigerator). Rinse chicken & pat dry. If limes were in the fridge, warm them to room temperature, as well. Meanwhile, use 1 T. of your olive oil to grease the rack of your [roasting pan](#). Cover the pan itself with foil for easier cleanup (see photo on page 2).

**Step 2: Stuff the bird:** Quarter one lime and place the sections inside the chicken cavity, along with a dash of sea salt and white pepper. Close the cavity. (I use a simple wooden skewer for this.)



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**Step 3: Create the rosemary-lime slurry:** Place the sea salt into a small bowl and smash the garlic on it. Mix in the freshly squeezed juice of 2 to 3 limes (enough to measure about 1/4 cup). Add the chopped rosemary,

poultry seasoning, white pepper, and 2 tablespoons of the olive oil. Now rub this slurry all over the bird and place breast side up on the greased rack.



**Step 4: Roast:** As noted, for easier clean up, cover the bottom portion of your pan with aluminum foil. See photo. >> Place your pan in the center of your oven for about 25 minutes per pound, giving a bird of 6 pounds about 2½ hours of cooking time; a bird of 4 pounds about an hour and forty minutes. You're watching for the thickest part of the thigh to reach an internal temperature of 165 degrees F. (We use an inexpensive instant read thermometer for this. [Click here](#) to see what we use or buy one for yourself.)

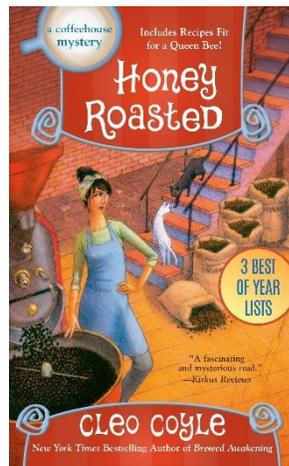


**TO FINISH:** Once cooked, allow the chicken to stand for 15 minutes before carving. To keep it warm, tent foil over the bird. This resting period is important. If you cut into the bird right out of the oven, the juices will run out and your chicken will be dry instead of succulent.



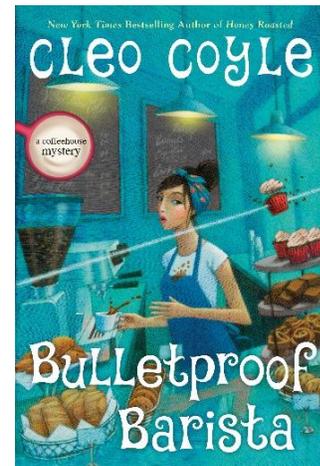
**TO SERVE:** Cut the remaining limes into wedges and serve on the side with the chicken. Invite guests to squeeze a little juice over the meat before digging in, and...

*Eat with joy! ~ Cleo*



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