

PREPARATION: 15 MINUTES | COOKING: 120 MINUTES | SERVINGS: 10

# ROAST CHICKEN DELIGHT

## INGREDIENTS

*1 whole chicken  
(about 3.3 lbs)*

*3 tablespoons olive oil*

*1 tablespoon paprika*

*1 tablespoon ground or  
whole fennel seeds*

*2 onions, cut into thick  
rings*

*1 lemon, halved*

*3 garlic cloves with peel*

*Ground black pepper,  
to taste*

## PREPARATION

- 1** Position the oven rack in the middle and preheat the oven to 350°F.
- 2** In a small bowl, mix the olive oil with paprika and fennel seeds.
- 3** Spread the onion slices on the bottom of a roasting dish. Pat the chicken dry with paper towels and place it breast-side up on top of the onions.
- 4** Rub the chicken with the lemon halves on all sides (remove lemon seeds if possible). Stuff the cavity with the lemon halves and garlic cloves.
- 5** Brush the chicken generously with the oil and spice mixture. Season with ground black pepper.
- 6** Roast for about 2 hours, or until a thermometer inserted in the thigh reads 180°F.

## Notes

- *Skim the fat off the cooking juices and serve the remaining cooking juice with the chicken as a sauce.*
- *You can make chicken broth with the crushed bones: add bones to water, boil, then simmer for 3–4 hours.*
- *Use whole fennel seeds and grind some of them to get a mix of ground and whole seeds.*
- *For a different flavor: replace the spices with 1 tablespoon curry powder, 1 tablespoon coriander seed, or 2 tablespoons Italian seasoning.*



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## Nutrient Analysis

### PER SERVING

1/10 of recipe

### Renal/Diabetic Exchanges:

4 Meat + 1 Fat

Calories **372 kcal**

Protein **28 g**

Total Carbohydrate **3 g**

Fiber **1 g**

Sugars **1 g**

Fat **27 g**

Saturated **7 g**

Cholesterol **113 mg**

Sodium **107 mg**

Potassium **346 mg**

Phosphorus **233 mg**

Calcium **32 mg**

## Diet Types

CKD Non-Dialysis\*  Dialysis/Diabetes

Dialysis  Transplant

\* For CKD Non-Dialysis: lower the amount of protein by reducing the chicken portion.

## PHOSPHORUS CHECK ✓

### Advantages of roasting your own chicken

Cooking meals at home can be especially helpful when following a kidney-friendly diet. While fast food may seem convenient, choices are often more expensive and higher in sodium, fat, and harmful potassium and phosphate additives. Planning and preparing meals, like roasted chicken, lets you enjoy a budget-friendly dish at home without worrying about diet restrictions. Depending on how many people you are serving, a whole roasted chicken may give you leftovers. A whole chicken provides multiple portions of meat that can be used in other recipes (such as soups, salads, and sandwiches), saving time and money.

When roasting your own chicken, a few small steps can make a big difference in ensuring moist and flavorful poultry. Start by drying the outside of the chicken before cooking. This helps the poultry cook and brown evenly. Removing the skin prior to eating the chicken is also recommended to help lower fat. Temperature also matters. Whether using high or low heat, cook chicken until the internal temperature of at least 165°F has been reached.

Experiment with different kidney-friendly seasonings from your pantry as you prepare the roasted chicken. A blend of rosemary, thyme, marjoram, and oregano can offer a mild herb option. For taste with a kick, try a mix of paprika, garlic powder, cayenne pepper, and onion powder. As another option, create a sweeter poultry flavor by combining green herbs with honey or sugar-free fruit preserves to make a glaze.

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