Roasted Chicken Dinner

Makes: 4 Servings
Prep Time: 10 minutes
Cook Time: 50 minutes

Ingredients

- 1 whole rotisserie chicken, uncooked
- 3 tablespoons **Benecol® Regular Spread**
- 1 tablespoon garlic, crushed (about 3 cloves)
- ¼ tsp. red pepper flakes
- 2 tablespoon dried Italian Herbs*
- 1 tsp. salt
- ½ tsp. pepper
- 1 lemon, halved

* 2 tsp. dried Thyme, 2 tsp. dried Rosemary, 2 tsp. dried Oregano

Preparation

1. Preheat oven to 375*.
2. In a small bowl, mash together the Benecol® with the crushed garlic, red pepper flakes, and dried Italian herbs.
3. Stuff the inside of the chicken with both lemon halves. Cross and tie the chicken legs together with cotton cooking twine to keep the lemon secure inside. Tying the legs also helps ensure equal cooking time across the bird (but, if you aren't comfortable with the tying process, you can skip it).
4. Place the chicken in a baking dish that allows 3" around the sides to create airflow and catch juices.
5. Generously rub the outside of the chicken breasts, thighs, drumsticks and wings with the Benecol® herb mixture. Season with salt and pepper.
6. Place in the oven and bake 50 minutes or until the internal temperature of the thigh meat (by the bone) reads 165*.
7. Remove from oven and allow to rest 10 minutes before slicing and serving. Try this with a side of our Steamed Veggies or a simple sautéed spinach.