



## Roast Chicken Dinner

### Ingredients

- 1 (3 pound) whole chicken
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp rosemary
- Salt and black pepper
- 3 tbsp butter, softened
- 1 large onion, peeled and quartered
- 1 cup chopped stalk celery with leaves
- 3 large carrots, chunked
- 3 cloves garlic, crushed
- 3 large potatoes peeled and quartered

### Instructions

1. Preheat oven to 350° F.
2. Place chicken in a roasting pan.
3. Spread butter over outside of chicken.
4. Season generously inside and out with spices, salt, and pepper.
5. Stuff cavity of chicken with a half-cup each of celery, onion, and carrots.
6. Place the rest of the onion, carrots, and potatoes around the chicken in pan.
7. Bake chicken uncovered in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour and 15 minutes. A thermometer inserted into the thickest part of the thigh, near the bone, should read 165°F.
8. Remove from oven and baste with drippings. Cover with aluminum foil and allow to rest for about 30 minutes before serving.

## Chicken Soup

### Ingredients

- 1 whole chicken
- 2 tbsp extra virgin olive oil
- 1 yellow onion, *chopped*
- 2 carrots, *chopped*
- 1 cup celery with leaves, *chopped*
- 2 garlic cloves, *minced*
- 1 tsp thyme
- 1 tsp rosemary
- 5 cups water
- 2 tsp salt
- ½ tsp black pepper
- Grated cheese



### Instructions

1. In a large pot with a lid, heat the olive oil over medium heat and sauté onion, garlic, carrots, and celery until softened, about 5 minutes.
2. Add in the water, chicken, spices, salt, and pepper. Bring to a boil, then cover and lower heat. Simmer on low for 1-2 hours.
3. Remove chicken from stockpot. Debone the chicken, and reserve all but desired parts. Shred or cut the breast, thigh, or desired parts for the soup. Return shredded/cut chicken to the pot. Add noodles, potatoes, vegetables, dumplings, beans, legumes, rice... serve with grated cheese.

## Easy Asian Chicken Salad

### Salad Ingredients

- 1 cup shredded chicken
  - lettuce
  - 2 mandarin oranges, separated
  - 1 red pepper, sliced thin
  - ¼ onion, sliced thin
  - ¼ cup grated carrots
- Optional: Water chestnuts, bean sprouts.

### Dressing

- 2 tbsp olive oil
- 2 tsp Tamari (soy sauce)
- ½ tsp black pepper
- 1 tbsp fresh orange juice
- 2 tsp rice vinegar
- ½ tsp garlic powder
- 1 tsp ginger (fresh grated or powder)
- 1 tsp maple syrup or honey

### Instructions

1. Blend all ingredients of dressing.
2. Gently mix salad ingredients.
3. Dress the salad.
4. Enjoy!

