

HAPPY Holidays

Ingredients:

1 whole chicken or turkey

1 large lemon, cut into halves

sprig of rosemary

salt and pepper to taste

butter or olive oil, whichever you prefer

Heat oven to 350 degrees.

Rub butter or oil over the skin of the chicken / turkey until it is completely coated. Sprinkle with salt and pepper and any other seasonings you prefer.

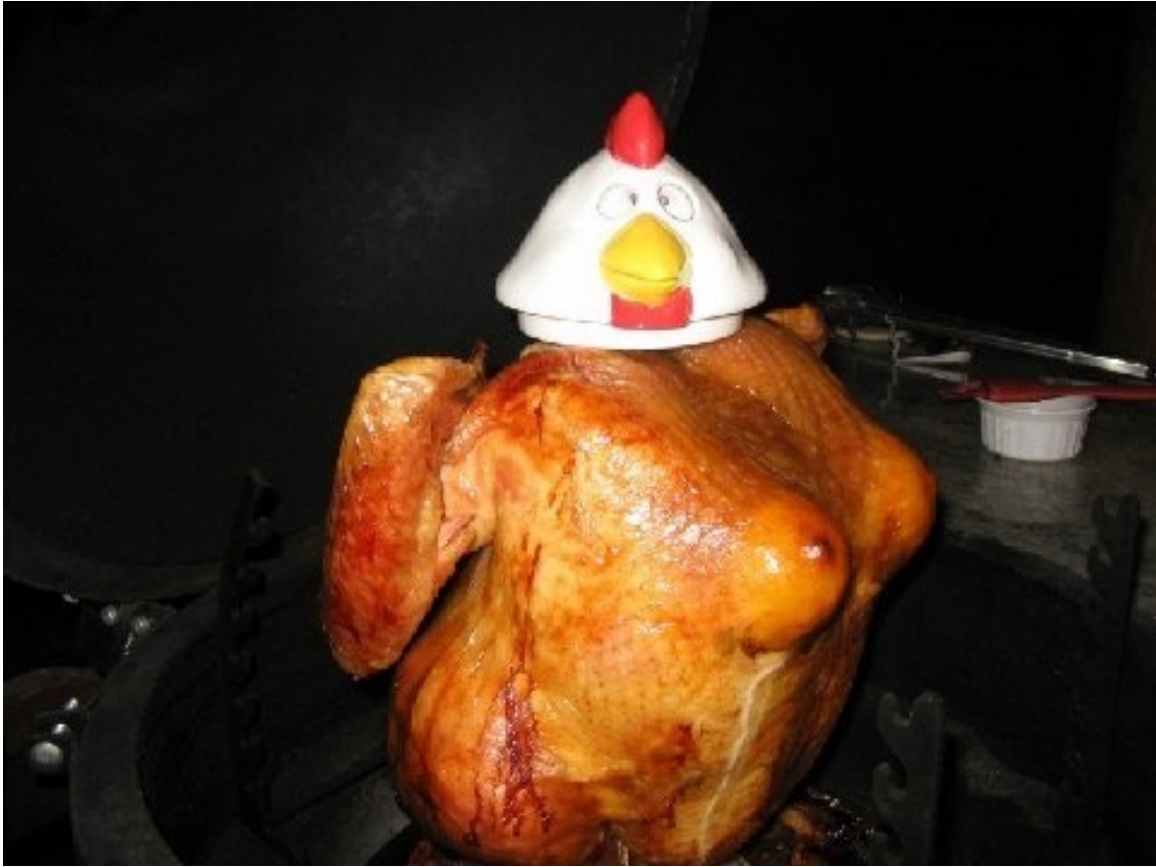
Take a knife and gently separate the breast skin from the breast meat. Slide lemon halves under the skin with the peel side up, one on each side. This way the juice from the lemon will release into the breasts.

Place sprig of rosemary into the chicken / turkey. Cover and bake for 30-45 minutes. Remove cover and continue to roast until juices run clear, basting every 15-20 minutes.

If you've followed these steps correctly, your chicken / turkey should

look like the one in the picture..... see below

Bon Appetit!



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