

SPRING CHICKEN

- 1 large roasting chicken,
pasture fed or at least organic
- 4 teaspoons sea salt
- 2 teaspoons paprika
- 1 teaspoon cayenne
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 1 teaspoon white pepper
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- 1 chopped onion
- 1-2 cloves crushed garlic

Combine seasonings in a small bowl.

Remove giblets and thoroughly rinse and paper towel dry chicken. Smother the chicken with 1-2 Tablespoons olive oil (this allows the seasoning to stick better). Cover the chicken evenly inside and out with the seasoning. Stuff the chicken with onion and garlic cloves. Place in baking pan and cover with saran wrap; let marinate overnight in the refrigerator.

Preheat oven to **250 degrees** and **bake chicken for 5 hours**. After the first hour or so, baste the chicken every half hour. Let the chicken rest for 10 minutes before carving.

Recipe courtesy of Kathleen DesMaisons' *The Sugar Addict's Total Recovery Program*.



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