



Garlic Roasted Chicken with Gravy

One 3 ½ pound whole roasting chicken
1 lemon, halved
1 onion, halved
4 sprigs fresh rosemary
4 sprigs fresh thyme
6 garlic cloves, peeled
1 cup low-sodium, fat free chicken broth
2 Tbsp fresh lemon juice
1 Tbsp cornstarch
2 Tbsp dry white wine
1 scallion, minced
1 Tbsp low-sodium soy sauce
¼ tsp crumbled, dried sage leaves

Preheat oven to 400 degrees. Spray rack and roasting pan with cooking spray. Remove neck and giblets from cavity and discard. Rinse chicken thoroughly under cold water, inside and out; pat dry with paper towels.

Fill body cavity with lemon, onion, rosemary, thyme and garlic. Place chicken in rack, breast side up. Roast for 30 minutes. Pour the broth and lemon juice over the chicken. Reduce heat to 325 and continue cooking for about 1 hour more. Baste frequently. When cooked completely, juices will run clear from thigh when pierced with a fork. Transfer to a cutting board and let stand, covered loosely with foil, for about 15 minutes before carving.

In the meantime, pour pan juices into a gravy separator. Skim fat before pouring juices into a saucepan, reserving 1 tablespoon in a small bowl. Dissolve cornstarch in reserved liquid. In saucepan, mix wine, scallion, soy sauce, sage and ¼ cup water with juices. Bring to a boil and cook for about 5 minutes. Add dissolved cornstarch and cook for another minute until sauce thickens.

Carve the chicken, removing all skin and fat before serving. Serve with gravy. Serves 8

Nutrition Facts

Serving size: About 6 ounces
Calories 140
Total Fat 3.5g
Saturated Fat 1g
Cholesterol 70mg
Sodium 200mg
Carbohydrate 3g
Dietary Fiber 0
Protein 22g

Diabetic Exchanges

Protein 3
Fat 1
Carbohydrates 0