



Lemon-Garlic Roast Chicken with Winter Vegetables

A chicken roasting in the oven on a cold afternoon is comforting. In this recipe, the chicken flavors the carrots and parsnips as it cooks, and the lemon gives them a wonderful tanginess. Serve with bread and a simple green salad.

It makes sense, when you take the time to roast one chicken, to roast two and have leftovers for a quick weeknight chicken salad, enchiladas, chicken soup, or tacos.

Serves 6

- 3-½ to 4 pound chicken
- 1 lemon, quartered
- 4 cloves garlic, sliced
- 3 sprigs fresh rosemary (or 1 teaspoon dried rosemary)
- 5 teaspoons olive oil, divided
- 5 medium carrots (1 pound)
- 3 large or 5 medium parsnips (about 1 pound)
- 2 small red onions

1. Preheat the oven to 425°. Remove giblets from the cavity of the chicken. Sprinkle the cavity with salt and pepper, then stuff it with the quartered lemon, 3 of the garlic cloves, and the rosemary.
2. Push the remaining sliced garlic cloves under the chicken skin on the breast and legs; you may need to loosen the skin with your finger first.
3. With the open cavity and legs facing you, take an 18-inch piece of kitchen string and run it along the neck side of the chicken and around towards you, making the string hold down the wings. Loop the string around the legs and tie it so that the legs stay together. Cut off any excess string.
4. Rub the chicken all over with 1 tablespoon olive oil and then sprinkle generously with salt and pepper.
5. Place the chicken on a rack in a roasting pan and roast about 90 to 120 minutes. Pierce the thigh to test for doneness. The juices should run clear.
6. Meanwhile, prepare the carrots, parsnips, and onion. Peel the carrots and parsnips. Cut them crosswise on a diagonal, rolling them halfway over before each cut. Cut the pieces into 1-½ inch lengths. Peel the onions, and slice each one lengthwise into eight slices, removing the tough ends. Toss the vegetables with 2 teaspoons olive oil.
7. About 50 minutes into cooking, put the vegetables into the bottom of the pan. Stir them occasionally. They should get well-browned, but if they start to burn, remove them to a bowl and continue cooking the chicken.