



Lemony Honey-Glazed Roasted Chicken

Makes 6 servings

Exercise and good nutrition can help reduce the risk of certain cancers. Here are several healthy recipes packed with cancer-fighting antioxidants. These dishes taste great and will give you the energy you need to keep moving.

Ingredients

1 1/2 cups fresh lemon juice
 1 (3 1/2 - 4 lbs.) whole roasting chicken
 1 tbsp. dried Italian herbs (or 1/2 tbsp. dried oregano and 1/2 tbsp. dried basil)
 Salt and freshly ground pepper to taste
 4-5 sprigs fresh thyme
 1/3 cup honey



Instructions

Pour lemon juice into a large bowl. Place chicken in juice. Cover with plastic wrap, and refrigerate at least one hour. Turn chicken over and let marinate an additional hour. Preheat oven to 450 degrees. Remove chicken from marinade. Sprinkle on Italian herbs. Add salt and pepper to taste. Place thyme sprigs in cavity of chicken. Place chicken, breast side up, on a rack in roasting pan. Roast uncovered for 15 minutes. Reduce heat to 375 degrees, and roast for an additional 30 minutes. Heat honey, and with pastry brush, thoroughly coat chicken all over. Lower heat to 350 degrees. Continue to cook until well browned, about 45 minutes, occasionally basting chicken with the natural juices and recoating it with honey. Use a meat thermometer to make sure chicken is fully cooked, 170 degrees internal temperature.

Nutrition Facts

One serving 4 oz: Calories 225; Total Fat 7 g; Saturated Fat 2 g; Protein 25 g; Total Carbohydrates 16 g; Sodium 76 mg

Recipe Courtesy of American Institute for Cancer Research



BlueCross BlueShield of South Carolina and
 BlueChoice® HealthPlan of South Carolina