



## Butterflied Chicken

Adapted from [Jenna's Everything Blog](#)

BAH Note: I have to be honest, I had the man at the market cut the back out of the chicken for me. Yes, he looked at me funny when I asked...I think he was worried I would want him to weigh the chicken without the backbone...but the chicken went into the back completely intact and came out spineless. That backbone is currently sitting in my freezer waiting for me to try my hand at some chicken stock. I imagine a flattened chicken would be quite easy to brine for some extra moist meat. Next time, I might give that a try.

- 1 whole roasting chicken (not a fryer), approximately 3 pounds
- 2 tablespoons olive oil
- 3 sprigs rosemary
- 4 cloves of garlic, unpeeled
- 1 lemon, cut into quarters

Heat the oven to 400 degrees. Line a sheet pan with aluminum foil.

Remove the giblets from the chicken and place the chicken breast side down on a cutting board. Carefully cut along one side of the backbone then along the other and remove the backbone.

Turn the chicken over and firmly press on the breastbone to break it and flatten the chicken. Dry the chicken well with paper towels and transfer to the sheet pan.

Place the rosemary, garlic, and lemon under the chicken and coat the skin with olive oil. Season generously with salt and pepper and roast for 45 minutes to an hour until the skin is golden brown and the meat registers 160 to 165 degrees.

Let the chicken rest for 10 minutes before serving.

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*peanut butter and jelly bars* was posted by wendi on 7 september 2011 at [bonappetithon.com](http://bonappetithon.com)