

Easy Roasted Chicken

This dish is exceptionally simple, especially when you look at how little time is necessary to make this crowd pleaser. I make it at least once per week for my family.

The healthiest chicken is a happy chicken, therefore I only support growers who allow their hens free roam. And that literally translates into more health for you with a higher content of the beneficial omega fats that protect us from mold mycotoxins.

Serve with organic whole-grain rice, organic broccoli and [Garlic Sautéed Greens](#) to make a nutrient-packed, low-mold, easy family dinner.

SUPPLIES

Dutch oven (without the lid)

Coffee or spice grinder

Measuring spoons

INGREDIENTS

1 whole cage-free, organic chicken free from antibiotics, thawed if frozen

Herb shaker mix:

1/8 teaspoon seaweed

1 teaspoon parsley

1/4 teaspoon sage

1/4 teaspoon shiitake mushroom (optional)

1/2 teaspoon garlic salt

Cayenne pepper to taste (optional) if you want a little heat to your herb mix
(make herb mix ahead of time in large quantities as a time saver)

DIRECTIONS

1. Preheat oven to 400°, set the rack to a low position in the oven
2. Add the seaweed, parsley, sage, shiitake mushroom, garlic salt and cayenne pepper (if using) to the coffee/spice grinder. Grind for 5-10 seconds.
3. Remove chicken from packaging. Do not rinse the chicken. Place chicken in Dutch oven. Remove innards from chicken. Wash hands before next step.
4. Shake herb mixture over the chicken covering the entire bird
5. Bake in the oven for one hour fifteen minutes to one and a half hours depending on size of chicken
6. Remove chicken from oven and let sit 10-15 minutes before serving

Check out the [How To video](#) on the Video Blogs page of my website [DrCrista.com](#).