

GREEK ROAST CHICKEN

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1 3-3 1/2 lb chicken (rinsed inside/out with cold water & patted dry)
1 garlic clove, halved
1 lemon
1 C cooked rice
1 egg
2 tsp dried oregano leaves, crumbled
2 TBS chopped parsley
1/4 tsp cinnamon
Pinch nutmeg
Freshly ground pepper

DIRECTIONS:

Preheat oven to 450° F. Line roasting pan with foil. Rub inner cavity of chicken with cut side of the garlic - discard any remaining garlic.

Cut 4 thin slices off lemon - & chop remaining lemon into 1/2" chunks (rind included) - slip 2 lemon slices under skin on each chicken breast - cover breast with foil.

In medium bowl, combine rice, chopped lemon, egg, oregano, parsley, cinnamon & nutmeg - stuff mixture into chicken cavity. Tie legs together & put chicken in roasting pan - sprinkle chicken with the pepper.

Roast chicken 20 minutes - reduce oven temperature to 400° F - remove foil from breasts & roast 20 more minutes, basting with pan juices every 5 minutes. Reduce oven temperature to 350° F - continue roasting till cooked through and juices run clear when thigh is pierced (about 15 minutes). Let stand 10 minutes before carving - remove skin before eating.

Makes 4 servings

(per serving: 257 calories; 8g total fat; 2g saturated fat; 143mg cholesterol; 102mg sodium, 12g total carbohydrates; 0g dietary fiber; 32g protein, 40mg calcium - WW points per serving: 6)