

Roasted Chicken

This fits the bill when you need a wonderful easy dish to take to a family who needs a meal. Oven roasted potatoes make a great side dish. You can put them with the chicken and veggies in a disposable pan! It's also nice to take a loaf of bread (homemade or fresh Italian from the store!), one of those packaged salads with everything, and perhaps a dessert—all in disposable containers so they don't have to clean them or return anything! A family in distress doesn't need to worry about clean up! Send paper plates, plastic utensils, paper napkins, and paper cups if your budget permits. You could do this with another family if the budget's tight—perhaps offering to do all the cooking and delivery if the other person purchases the ingredients.

1 Whole Chicken	Salt to taste
1 pound carrots (either fresh carrot chunks—about 1 1/2" long, a bag of frozen baby carrots, or a bag of fresh baby carrots)	Pepper to taste Garlic OR McCormick's Rotisserie Chicken Seasoning OR Curry Powder
1 whole onion, sliced, chunked, whatever	1/2 cup water for bottom of pan

1. Preheat oven to 375° and use speed bake, if you have it.
2. Spray pan with Pam.
3. Add 1/2 cup water to pan.
4. If you are using carrots and onions, place them in the pan before you put in the chicken.
5. Remove chicken from wrapper. Remove giblets. I rinse the chicken.
6. I throw the liver away and put the neck and the gizzard into the pan near the white meat.
7. Put the clean chicken in the pan. Season it with your choice of seasonings.
8. Bake in oven until done—about 1 to 1 1/2 hours.
9. Baste periodically. Check the veggies and make sure there is some water in the bottom of the pan so they don't burn.
10. Serve with a salad and oven roasted potatoes or another side dish.

Oven Roasted Potatoes

You can also find this on the Lipton's Onion Soup Mix packages.

6 Potatoes chopped into 1" cubes
1 package Onion Soup Mix
1/3 cup oil

1. Coat potatoes with oil and soup mix.
2. Spray your pan with Pam first.
3. Place in 9" x 13" rectangle pan.
4. Bake with chicken (do the chicken first!).
5. Should take 45 minutes to an hour depending on how many potatoes you did!
6. You need to stir them every once in a while to evenly brown them.

Note: If you're out of Onion Soup Mix, in a pinch, you can use dried onions and lots of your favorite seasonings—but it's not quite the same.

Recipe courtesy of Harriet Yoder, Lamp Post Homeschool Store, www.lamppostpublishing.com