

Dinner Keto

ROAST CHICKEN IN UNDER AN HOUR and CAESAR KALE SALAD

\$0.75/SERVING EST



3 ¼ lbs. whole chicken

1 teaspoon rosemary, optional

1 teaspoon cumin, optional

1 teaspoon smoked paprika, optional

1 teaspoon oregano, optional

1 dash salt

1 dash freshly ground black pepper

1 tablespoon neutral vegetable oil

Prep: 10 mins

Cook: 50 mins

1. Preheat oven to 450°.

2. Cut out the backbone of the chicken. Place the bird breast side down on a cutting board. Using a sharp pair of kitchen shears, cut along one side of the backbone, then along the other side to remove it completely.

- 3.** Turn the chicken breast side up and press down on the breast to flatten it. Next, tuck the wings under the breast.
- 4.** Rub the spice mix under the skin. Season the chicken with salt and freshly ground black pepper. Let the chicken sit at room temperature for a few minutes to come to room temperature.
- 5.** Heat vegetable oil in a heat-proof heavy-bottomed skillet, preferably cast iron, over medium-high heat. There should be just enough oil to lightly coat the bottom of the pan.
- 6.** Once the oil is shimmering, place the chicken in the pan, breast side down. Let the chicken cook, undisturbed, for 4-6 minutes, or until the skin is golden brown and releases easily from the bottom of the pan.
- 7.** Flip the chicken over so that it's breast side up, then slide the whole pan into the oven. Roast for 20-30 minutes, or until the chicken juices run clear (the internal temperature of the thigh should read 165-170°).
- 8.** If the skin starts getting too dark before the chicken is cooked through, tent it with foil.
- 9.** Transfer the chicken to a cutting board, and let it cool for 10 minutes before carving. Serve the chicken with a drizzle of pan juices.

CAESAR KALE SALAD

\$2.05/SERVING EST

Ingredients and groceries scaled from original 1 serving

15 cups baby kale

2 ½ cups cucumber sliced

1 ¼ cups cherry tomatoes

10 tablespoons Parmesan cheese

5/8 cup Caesar dressing

Prep: 5 mins

1. Wash kale and tomatoes, and slice cucumber.
2. Mix salad ingredients in a large bowl, add dressing, and serve.