



# LIVING AND LOVIN HERBS PODCAST

## Roasted Chicken with Lavender

4 serving

Adapted by

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1 3lb          Organic Chicken (whole or pieces)

1                Onion (organic)

¼ cup          Culinary Lavender Buds

Salt and pepper to taste

Olive Oil for basting

Rinse chicken with cold water and pat dry with paper towel.

**Whole Chicken:** In a roasting pan, season cavity with salt and pepper to taste. Chop onion into quarters and place inside of the chicken.

Take 1/8 of the lavender buds and place inside of the cavity.

Baste outside of chicken with olive oil. Sprinkle salt and pepper to taste. Sprinkle remaining lavender buds over chicken, or set aside and garnish before serving.

**Chicken Pieces:** place chicken pieces on a baking tray. Baste with olive oil and sprinkle with salt and pepper to taste. Sprinkle pieces with 1/8 cup of lavender buds. Use the remaining buds to garnish before serving.

**Bake:** Place chicken in a pre-heated 350-degree oven. Roast chicken until chicken reaches an internal temperature of 165 degrees. Roasting time is approximately 20 minutes per pound.

Remove from oven, and let rest for 5 minutes before cutting and serving.