

# Amy Myers' Lemon, Garlic, Oven Roasted Chicken

## Ingredients

- 1 whole organic, pasture-raised chicken (approximately 5-6 pounds), giblets removed
- 3 garlic cloves minced (Or use garlic infused olive oil if you are FODMAP sensitive)
- 1 Tbsp extra virgin olive oil (Use 1-3 Tbsp garlic infused olive oil)
- 1/4 tsp sea salt
- 1/4 tsp fresh ground black pepper
- 1 lemon, sliced
- 2 Tbsp broth (optional)
- 1 Tbsp apple cider vinegar (optional)



## Directions

1. Preheat the oven to 375 degrees Fahrenheit
2. Place your chicken on a clean surface and cut slits in the skin, then press into each slit come of the garlic
3. Drizzle the chicken with olive oil, sprinkle it with salt and pepper, and rub the seasonings in. Insert the lemon slices inside the chicken cavity
4. Set the chicken into a baking dish. If desired, pour the broth and vinegar in the bottom of the dish. Roast it for about 1 hour and 30 minutes, or until the chicken is cooked through and has reached 165 degrees Fahrenheit.
5. Let the chicken cool before removing the meat from the bones.
6. Save the bones to make gut healing broth.

Recipe Courtesy of Amy Myers' book: *The Auto-Immune Solution*

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