

# Oven Baked Garlic Chicken

prep time: 15 minutes

cooking time: 60 minutes



## Ingredients:

- 1 whole chicken
- 2 tsp salt
- ½ tsp ground black pepper
- 2 tbsp. butter
- 3 tbsp. olive oil
- 2 garlic cloves, minced

## Method:

1. Preheat the oven to 400°F (200°C).
2. Season the chicken with salt and pepper, both inside and out.
3. Place chicken breast side up in a baking dish.
4. Melt the butter, add the garlic and olive oil.
5. Pour the garlic butter over and inside the chicken. Bake for 1-1 ½ hours, or until internal temperature reaches 180°F (82°C). Baste with the juices from the bottom of the pan every 20 minutes.
6. Remove from oven and let it rest for 10 minutes before carving.
7. One serving of protein is 114g, thus you will be needing 228g for your meal plan. Use some of the leftover chicken for tomorrow.