

# ROASTED LEMON CHICKEN

*Gold Kist Farms® Bone-in Chicken topped with a garlic, honey and lemon sauce, seasoned with rosemary and roasted to perfection.*

## Citrus flavor

has seen 28.8% growth in menu penetration over the past four years and is currently included on 26% of all menus in the U.S.

Source: Datassential, MenuTrends, 2016.



## NUTRITION FACTS

APPROXIMATE VALUES

Yield: 100 servings

Serving Size: 5.5oz (154g)

Amount Per Serving	% Daily Value*	
<b>Calories:</b>	230	
<b>Total Fat:</b>	15g	23%
<b>Cholesterol:</b>	70mg	23%
<b>Sodium:</b>	590mg	25%
<b>Total Carbohydrate:</b>	6g	2%
Dietary Fiber:	1g	4%
Sugars:	4g	
<b>Protein:</b>	19g	38%

\*Percent Daily Values are based on a 2,000 calorie diet.

## INGREDIENTS

<b>Gold Kist Farms® Bone-in Chicken</b> (Code #8820), thawed overnight in refrigerator	136 pieces*
Onion, thinly sliced	17 each
Lemon, thinly sliced	17 each
Garlic cloves, minced	34 each
Honey	1 cup
Fresh lemon juice	4¼ cups
Low sodium chicken broth	4¼ quarts
Fresh rosemary, minced	2¼ cups

\* 34 each breasts, thighs, drums and wings. One serving consists of one breast, one thigh or one drum and wing.

## METHOD

1. Preheat convection oven to 350° F.
2. Place chicken in a single layer, skin side up on a baking pan. Thinly slice onion and lemon and layer with chicken.
3. Mix together garlic, honey, lemon juice and chicken broth. Pour mixture over chicken and sprinkle with chopped rosemary.
4. Bake 30 minutes or until internal temperature reaches 165°F, basting every 15 minutes. If chicken gets too dark, cover with foil and continue cooking.
5. Serve immediately.



GET THE PRODUCTS AND SUPPORT TRUSTED BY SO MANY K-12 FOOD PROGRAMS.  
TALK TO YOUR REPRESENTATIVE TODAY: CALL 800.336.9876 OR VISIT [GOLDKISTFARMS.COM](http://GOLDKISTFARMS.COM).

© 2016 Gold Kist Farms  
All rights reserved.