Whole Chicken and Sides for Multiple Meals + Shopping List

By Chef Jen RDN/LDN, RYT-200

Italian Seasoned Whole Chicken

Ingredients:
- Whole chicken (depending on size of household range from 3-5lbs +)
- 3 Tbsp olive oil
- 1 Tbsp all-purpose flour
- 1 tsp basil
- 1 tsp oregano
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried marjoram

Instructions:
1. Preheat oven to 350⁰F. In a small bowl, mix dry rub ingredients.
2. Remove giblets and neck from chicken cavity. Using a paper towel, pat dry the chicken. Rub the chicken with olive oil and then sprinkle with dry rub and massage into chicken. Can pull up skin and add oil and herbs underneath on the breast. Tie legs together with butchers’ twine, tuck wing tips behind wings or tie close to chicken with twine. See this site for step by step instructions.
3. Place the chicken on a small rack in roasting pan and cook until temperature inserted into the thickest part of the breast registers 165⁰F. Some companies put the bird’s pounds and length of time to cook on the package.

Perdue has a great link for cooking your whole chicken here.
<table>
<thead>
<tr>
<th>Italian Chicken</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>-</td>
<td>Asparagus quiche with store bought pie crust</td>
<td>Left over quiche</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Prep chicken, vegetable for dinner and next day</td>
<td>Chop chicken, onion, mayo, herbs for chicken salad Pasta salad prep: Zucchini, onion and tomato salad - toss vegetables in extra virgin olive oil and balsamic vinegar</td>
<td>Open face grilled pizza 1 slice bread, sliced tomato, sprinkle with dried oregano and basil, shredded mozzarella. Toast in toaster oven until cheese is melted.</td>
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<td><strong>Dinner</strong></td>
<td>Roast Chicken, Asparagus with fresh lemon, sautéed zucchini and tomato.</td>
<td>Chicken Parmesan - sliced chicken with (or without) sautéed zucchini and tomato sauce, topped with Part Skim Mozzarella cheese over whole wheat noodles. Prep: Make extra noodles for pasta salad and toss with lunch prep, chill salad.</td>
<td>Add shredded chicken: zucchini and tomato pasta salad - toss vegetables in extra virgin olive oil and balsamic vinegar with oregano and basil.</td>
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**Shopping list:**
Whole Chicken 3-5lbs+ (depending on family size)
Eggs (12 count + depending on family size)
Bread crumbs
Asparagus
Zucchini
Tomatoes
Lemon
Onion
Shredded part skim mozzarella cheese
Bread
(1) Pie crust
Olive oil
Balsamic vinegar
Milk
Pasta sauce
Pasta (pref. whole wheat; rotini, penne, elbow, or ziti)
Herbs (oregano, garlic powder, onion powder, basil, marjoram)
Flour
Mayo