

Roasted Chicken Low Cholesterol

1 1 ½ to 2 pounds whole chicken (fryer because roasters have more fat)

1/3 cup chopped onions

1/3 cup chopped celery

6 medium mushrooms, chopped

2/3 cup white French or Italian bread , broken into ½ inch pieces and dried

2/3 teaspoon sage

¼ teaspoon basil

¼ teaspoon oregano

Salt

¼ teaspoon freshly ground black pepper

1 small clove garlic, minced

¼ to ½ cup warm water, or defatted stock for flavor. Use more liquid if necessary, stuffing should be moist

Take fryer and pull the giblets and all fat out of the cavity, rinsing well. Carefully slip your hand between the skin and breast muscle and loosen skin. With a sharp knife or scissors, cut off every bit of skin and all the fat, leaving chicken flesh and membrane intact. Preheat oven to 375 degrees. Mix all stuffing ingredients with warm stock or water and stuff bird cavity very tightly. Put stuffed bird on a trivet placed on a cookie sheet with raised edges and wrap whole bird and pan with foil covering but not touching bird, pinching tightly around pan, leaving little air. You can also use a covered clay pot or other roaster. Cook for 1 ½ to 2 hours, draining fat after first half hour. Unwrap and slice. Bird will be pale but succulent. You can brown bird under broiler, but it tends to dry it out. Garnish with lots of parsley flakes, red (not hot) pepper flakes , and black pepper. Serve hot or cold.

Serves 4–6 depending on size of bird.

Per serving: 50 mg cholesterol, 1 gm saturated fat.