Citrus Herb Chicken

Zest of 1 lime

Juice from 2 limes

1 grapefruit

1 tangerine

4 Tablespoons oil

1 clove garlic, minced

1 teaspoon crushed red pepper flakes

1 roasting chicken

1/4 t. salt

1/2 cup red onion, diced

fresh mint

Zest 1 teaspoon lime and squeeze 4 Tablespoons juice into a bowl.

Place 1 Tablespoon lime juice in a separate bowl.

Zest 1 teaspoon of grapefruit into a bowl.

Section grapefruit.

Zest 1 teaspoon orange or tangerine.

Section tangerine.

Add grapefruit and tangerines to lime juice.

Add zests to lime zest and 2 T., oil, garlic and chili.

Place chicken, breast side down on a cutting board.

Cut backbone with scissors.

Turn chicken breast side up and press down with the heel of hand until breastbone cracks.

Tuck wings under chicken.

Place chicken on a baking sheet and cover with rind mixture.

Cover and refrigerate at least 4 hours.

Bake chicken in a 350 degree oven until breast temperature registers 165.

Add 2 T. oil, salt, red onion and mint to citrus sections.

Serve with chicken.