Roasted Chicken

Fryer Chicken

Fresh herbs (I used sage, rosemary and thyme)

2-3 Tablespoons Olive Oil

1 Tablespoon kosher salt

1 teaspoon pepper

3 cloves garlic, smashed

1 onion

1 bunch of parsley

Start by rinsing and dry a fryer chicken. (Make sure you pat it completely dry.)

Gather ingredients to stuff inside the chicken. (Onion, parsley and garlic)

Roughly chop and loosely stuff inside captivity.

Wash fresh herbs and chop finely.

Put into a bowl and add oil, salt and pepper.

Rub over entire chicken.

Roast 1 hour (or so) at 450.

Cover with foil and let rest 15 minutes.