



## HOMEMADE ROTISSERIE CHICKEN

By Dr. Cindy Tanzar  
(Standard)

Roast chicken is an all-time favorite, and the flavors of rotisserie chicken make it even better. This recipe was submitted to Genesis by Estelle, one of our clients. She is a great cook, and her recipes are always delicious! There are a couple of ways to make this dish, so if you don't have an air fryer, just roast it in the oven. Spatchcocking a chicken is simply removing the backbone in order to lay it flat for limited space and/or to decrease the cooking time. YouTube has several videos to show you how. Servings depend on the size of the chicken. Makes 4 servings per pound of chicken. One serving of this recipe equals 3 oz cooked chicken for one meal.



### INGREDIENTS

1 whole organic chicken (can use conventional chicken)

#### Rub

- 1 tsp garlic powder
- 1 tsp red pepper flakes
- 1 tsp onion powder
- 1 tsp Pink Himalayan salt
- 1 tsp dried orange or lemon peel
- 1 tsp dry parsley
- 1 tsp paprika



## INSTRUCTIONS

Place rub spices into a small container and shake well to combine.

Prepare chicken by spatchcocking it (removing backbone) and cleaning it well. (If your air fryer is large enough, you can also roast it whole.) Coat the chicken with avocado or coconut oil and sprinkle liberally with the rub.

Place the chicken into the rotisserie basket, or on a spit. (Basket is easiest). Heat air fryer or rotisserie to 380°F and place basket inside, roasting for 40 minutes with constant rotation. Internal temperature should reach 165°F.

## IN THE OVEN

Clean and prepare chicken, rubbing with oil and sprinkling rub all over. You can tie the legs together at the bone for even cooking, but not necessary. Place chicken into a shallow roasting pan or cast-iron skillet.

For a darker, crispier skin, preheat oven to 450°F, roasting for 15 minutes, then lower to 350°F. Roast roughly 20 minutes per pound (a 4-lb chicken would roast 80 minutes). Internal temperature should reach 165°F.