



Cast Iron Chicken and Spinach

SOURCE. Julie's Kitchen COOK. 55 mins PREP. 10 mins SERVES. 4-5

INGREDIENTS.

- 3 ½ - 4 ½ lb. whole Turntime fryer
- 1 lemon, quartered lengthwise
- 1 tablespoon extra virgin olive oil
- 5 cloves garlic, smashed and peeled
- 12 ounces kale, chard, or spinach leaves – cut to bite size pieces if needed
- 1/8 teaspoon crushed red pepper
- Salt & black pepper to taste

DIRECTIONS.

1. Splay chicken by cutting skin between legs and body. Pull thighs and wings away until joints pop out of sockets. Season with salt and black pepper. Place two lemon quarters in cavity.
2. Preheat oven to 475 degrees F. Heat a cast iron skillet over high heat 5-10 minutes. Add chicken, breast side up, with legs and wings flat out to sides and bottom. Drizzle with oil. Roast 25 to 35 minutes. Add garlic; roast 5 minutes, stirring garlic once. Roast 5 to 15 minutes more or until a meat thermometer inserted in thigh registers 170 degrees F. Rest on a cutting board.
3. Transfer skillet and its juices to stove on medium-high heat. Add spinach (our fave) and crushed red pepper. Cook 5 minutes or until spinach wilts. Slice chicken. To serve, drizzle skillet juices over chicken and spinach; squeeze lemon over all.

**If using chard, chop stems into ½ pieces and add with garlic in step 2. Add chard leaves in step 3.