

## Oven Roasted Chicken

### INGREDIENTS

- 1 whole chicken
- 4 TBS Ghee
- 2TSP Himalayan Salt
- 2TBS Bragg Sprinkle Seasoning

1. Preheat oven to 350°F. Take a TBS of ghee and lightly coat the bottom of a large baking dish.
2. Pat the chicken dry with a paper towel and place in baking dish.
3. Cut about 3-4 1-inch slices into the meat of the chicken and place small scoops of ghee into each slice.
4. Take the remaining ghee and rub liberally over the chicken. Sprinkle with sea salt and seasoning so that it covers the entire chicken.
5. Place in oven for about 1 hour and 20 minutes, checking occasionally to baste with ghee drippings.
6. Remove chicken from bone and use carcass for a bone broth.