

Balsamic & Onion Roast Chicken

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This simple, savory roast chicken is the perfect size to serve half now and save the other half for two other delicious recipes later in the week.

Prep time: 15 minutes Bake Time: 1 hour, 40 minutes to 2 hours Stand Time: 10 minutes

1 large sweet onion cut into 1/2 -inch slices	1 tablespoon olive oil
1/4 cup water	2 teaspoons paprika
1 package (2.6 oz) golden onion soup mix (2 envelopes)	4 garlic cloves, pressed
1/4 cup white balsamic or white wine vinegar	1 roasting chicken (4-1/2 to 5-1/2 pounds)

1. Preheat oven to 400°. **Using Chef's Knife**, cut onion into 1/2-inch-thick slices; arrange evenly over bottom of **Deep Dish Baker** and add water. In **Small Batter Bowl**, combine soup mix, vinegar, oil, paprika and garlic pressed with **Garlic Press**.
2. Remove and discard giblets and neck from chicken cavity. Rinse chicken with cold water; pat dry. Trim excess fat using **Kitchen Shears**, if necessary. Using **Pastry Brush**, brush soup mixture evenly over back side of chicken. Place chicken in baker, breast side up. Brush inside cavity of chicken with soup mixture. Tie ends of legs together with cotton string. Lift wing tips up toward neck then tuck under back of chicken. Brush remaining soup mixture evenly over outside of chicken.
3. Cover chicken loosely with aluminum foil. Bake 1 hour, 40 minutes to 2 hours or until **Pocket Thermometer** registers 180° in meaty part of thigh and juices run clear. Remove foil during last 5-10 minutes of baking. Remove chicken from oven; transfer to **Reversible Bamboo Carving Board**. Tent with foil and let stand 10 minutes before carving.
4. Remove half of the onion slices (about 1/2 cup) from baker. Remove meat from half of chicken. Wrap and refrigerate chicken and onion slices up to 4 days to be used for *Chinese Chicken Pizza* and *Chicken & Broccoli Ring*.
5. Skim fat from juices and discard. Carve remaining half of chicken into thin slices. Serve chicken with remaining onions and pan juices.

Yield: 4 servings

Nutrients per serving: Calories 330, Total Fat 19g, Saturated Fat 5 g, Cholesterol 100 mg, Carbohydrate 6 g, Protein 32 g, Sodium 250 mg, Fiber 0 g

Diabetic exchanges per serving: 1/2 starch, 4 medium -fat meat (1/2 carb)