WHOLE ROASTED CHICKEN WITH SWEET POTATOES

Serves 4

400 degrees

1 (5-6lb) Whole chicken

4 sweet potatoes, peeled and cut into 1 inch chunks

1 large yellow onion, thickly sliced

1 lemon, halved

1 head of garlic, cut in half crosswise

2 tsp fresh rosemary chopped

5 sprigs fresh thyme + 2 tsp chopped

½ an apple cut in ½ with seeds removed

1 tsp sea salt + more for seasoning

1 tsp ground black pepper + more for seasoning

8 tbsp ghee or coconut oil, room temperature

* Allow the chicken to come to room temperature to roast more evenly, if possible.
* Preheat the oven to 400 F.
* Prepare the herb butter by mixing 6 tbsp of ghee or coconut oil, chopped rosemary and thyme, ½ tsp salt, and ½ tsp pepper.
* In a large roasting pan toss the sweet potatoes and onion with the remaining 2 tbsp of ghee or coconut oil, salt and pepper, arrange the vegetables in a single layer.
* Remove the chicken giblets, rinse the chicken inside and out, pat the outside of the chicken as dry as possible.
* Liberally season the cavity of the chicken with salt and pepper.
* Fill the cavity with 2 tbsp of the herb butter, ½ an apple, 5 sprigs of thyme, lemon halves, and whole head of garlic.
* Tie the legs together with kitchen twine and tuck the wings under the chicken.
* Place the chicken on top of the vegetables in the roasting pan.
* Carefully lift the skin from the chicken and liberally coat under and outside of the skin with the remaining herb butter over the entire bird.
* Roast the chicken for 1 ½ hours, or until a thermometer through the thickest part of the chicken reads 160 – 165 F.
* Remove the chicken and vegetables from the oven and place them on a platter.
* Loosely cover with foil and let it rest for 20 minutes.