



## Roasted Chicken

*Regular Texture Diet*

### *Ingredients:*

One 3.5- to 4-pound chicken  
Salt and pepper to taste

### *Method of Preparation:*

1. Heat the oven to 450. Set up a roasting pan (metal or glass) with a roasting rack inside it. If you don't have a roasting rack, you can roll up tinfoil into dowel shaped rods to place the chicken on. Three of those tinfoil rods should be enough to keep the chicken from sitting on the bottom of the pan.
2. Remove the organ bag from the cavity of the chicken. Rinse the inside and outside of the chicken. Pat dry the whole chicken.
3. Place chicken on the roasting rack. Liberally salt and pepper the chicken, you want to be able to see the salt and pepper on the skin. Make sure to throw some salt and pepper into the cavity of the chicken also.
4. Using a paring knife, cut a slit in the flap of skin at the cavity opening between the drum sticks. Take the end of drumstick on the same side as the slit and pull it towards the middle of the bird. Take the end of the opposite drumstick and cross it over the top of the first drumstick and stick the bone end through the slit you made. The chicken should now look like it is sitting with crossed legs.
5. Place chicken in the oven. Set timer for 55 minutes and leave the chicken alone. Don't open the door to check on it. When the timer goes off, remove chicken from oven, let sit for 5 minutes and then carve. Serve with a lemon wedge and stone ground mustard for extra flavor!

### **Sautéed Greens (Vegan) – Solid**

1 Tbsp olive oil  
2 cloves garlic, peeled and sliced  
1 bunch greens (swiss chard, kale, spinach, collards etc)  
¼ tsp soy sauce

### *Method of Preparation*

1. Heat olive oil in sauté pan over medium heat.
2. Remove the thick part of the stem on each leaf of the greens. Give the destemmed leaves a rough chop just to make smaller pieces.
3. Add garlic to the warm oil. Then place greens into pan. Let cook for about a minute, then using tongs start to flip and move the greens around in the pan until they are wilted to desired texture.

*Recipe courtesy of Kimberly Maloomian, RD, LDN prepared in collaboration with Viviane Fornasaro-Donahue, MS, RDN, LDN*



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