



RAISED IN THE MANITOBA SUNSHINE

FREE RUNNING CHICKENS

FREE OF ANTIBIOTICS • FED A VEGETARIAN DIET  
NO ANIMAL BY-PRODUCTS

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## Oven Roasted Heritage Lane Farm Chicken

1 Heritage Lane Farms Roasting Chicken  
1 medium onion, coarsely chopped  
1 apple, cored and coarsely chopped  
6 cloves garlic, finely chopped  
Hy's Seasoning Salt (I prefer the MSG free variety)  
poultry seasoning  
lemon pepper  
paprika

Position a rack in the lower middle of the oven. Preheat the oven to 350°C. Rinse the chicken and pat dry. Sprinkle the chicken liberally inside and out with the seasonings. Place onion, apple and garlic into cavity. You may cross the chicken legs and tie them if you wish. Place the chicken, breast side down on a wire rack (preferably in a wire V-rack) set on a metal sheet or roasting pan. Place in oven. After approximately 30 minutes, flip the chicken onto its back. To prevent the pan drippings from burning, you may need to add water to the roasting pan. Allow 20 minutes/pound of roasting time. Remove the chicken from the oven and tent with foil for 20-30 minutes. Make your favorite gravy with the reserved drippings. Carve and enjoy!

Teacher and Chef Alvin Dyck adds:

Instead of messing with the V-rack, I prefer to roast these wonderful chickens in a roasting pan, covered and with a cup or two of water.



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