



RAISED IN THE MANITOBA SUNSHINE

FREE RUNNING CHICKENS

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

Barbequed 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

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. Heat the gas barbeque to 375°C. If you have a two burner barbeque, turn off one of them. Place a metal pan under the grill on this side to catch the drippings.

Place seasoned chicken onto the grill. A

adjust the remaining burner to keep the temperature between 350-375°C.

Give the chicken a quarter turn every half hour or so.
Allow 30 minutes/pound on the barbeque.

Remove chicken when done and tent with foil for 20 minutes.

Carve and enjoy!



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