Oven Roasted Chicken

- 1 whole chicken
- 1 - 12 oz. bag of frozen carrots
- 1 tbsp. EVOO
- 1 tsp. ground black pepper
- 1/2 tsp. of sea salt

1. Wash hands with warm soapy water for 20 seconds. Make sure you wash around your wrists, in between your fingers, and under your finger nails.
2. Preheat oven to 350 degrees Fahrenheit.
3. Remove chicken from packaging and place in an oven safe baking dish.
   a. If chicken has giblets in it, make sure to remove those and discard them.
4. Rub 1 tbsp. EVOO over the chicken. Proceed to evenly rub the 1/4 tsp. salt and 1 tsp. pepper on the chicken.
5. Take the bag of carrots and place them around the chicken, in the pan.
6. Cover the chicken with parchment paper & aluminum foil.
   a. Make sure the parchment paper is in between the chicken and the aluminum foil.
7. Cook for 1 hour and 15 minutes.
   a. At the hour mark, remove the aluminum foil & parchment paper.
   b. Cook, uncovered for another 15 minutes.
8. Cook until internal temperature = 165 degrees Fahrenheit.
9. Let cool for 30 minutes, before cleaning/removing from the bone.