

BBQ Rub Roasted Chickens
with Potatoes and Carrots
"Southern Living Magazine," Weeknight Dinners
February 17, 2017

Active Time: 15 minutes

Total Time: 1 hour, 30 minutes

Servings: 4

Ingredients

4 tsp. dark brown sugar
1 tbsp. smoked paprika
½ tsp. ground cumin
½ tsp. garlic powder
½ tsp. onion powder
5 tsp. kosher salt, divided (4 tsp. + 1 tsp.)
2-1/2 tsp. black pepper divided (2 tsp. pepper + ½ tsp.)
2 (4- to 5-lb.) whole chickens
3 tbsp. olive oil, divided (2 tbsp. + 1 tbsp.)
1-1/2 lbs. small red potatoes, halved
1 (8-oz.) package baby carrots
1 tbsp. chopped fresh flat-leaf parsley

Directions

1. Preheat oven to 375°F. Stir together first 5 ingredients, 4 teaspoon of the salt and 2 teaspoons of the pepper. Remove necks and giblets from chickens and reserve for another use. Pat chickens dry.
2. Sprinkle 1 teaspoon brown sugar mixture inside cavity of each chicken. Rub 1 tablespoon olive oil into skin of each chicken. Sprinkle evenly with remaining brown sugar mixture; rub into skin. Tuck wing tips under.
3. Toss together potatoes, carrots, remaining 1 tablespoon olive oil, remaining 1 teaspoon salt and remaining ½ teaspoon pepper. Spread potato mixture in a single layer in a 17-x12-inch rimmed baking sheet. Place chicken, breast side up, facing in opposite directions (for even browning), on top of potato mixture.
4. Bake in preheated oven until a meat thermometer inserted in thickest portion of thigh registers 165°F, 1 hour to 1 hour 15 minutes. Cover and let stand 10 minutes before slicing. Stir parsley into vegetables.