

## Garlic Butter Roast Chicken and Vegetables

*printed from [Smells Like Food in Here](#)*

1 (4-lb.) whole chicken  
3/4 teaspoon salt, divided  
1/2 teaspoon pepper, divided  
1/4 cup butter, softened  
1 tablespoon plus 1 teaspoon minced garlic, divided  
1 tablespoon chopped fresh Italian parsley  
8 fingerling or new potatoes, halved lengthwise or quartered if large  
8 medium carrots  
8 oz. Broccoflower (green cauliflower), cut into 1 1/2-inch pieces (about 2 cups)  
2 large onions, cut into 1-inch wedges  
1 tablespoon butter, melted

Heat oven to 400°F.

Spray large rimmed baking sheet with cooking spray. Pat chicken dry; remove excess fat around cavity.

Sprinkle outside and cavity of chicken with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.

Combine softened butter, 1 tablespoon of the garlic and parsley in small bowl; spread over chicken.

Place chicken, breast-side up, in center of baking sheet; cover loosely with foil.

Bake 15 minutes.

Turn chicken to one side; bake an additional 15 minutes. Turn chicken to other side; bake an additional 15 minutes.

Meanwhile, toss potatoes, carrots, Broccoflower and onions with melted butter and remaining 1 teaspoon garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in large bowl.

Remove foil; place chicken breast-side up. Arrange vegetables around chicken.

Bake 25 to 30 minutes or until chicken is golden brown, internal temperature reaches 170°F. and vegetables are tender. Remove from oven. Cover loosely with foil; let stand 10 minutes before carving.