

Lemon Rosemary Chicken

Cooking chicken on the grill can be tricky, as the fat that releases from the chicken can cause flare-ups. Cook on medium heat or indirectly (on the grill, but not over the heat source). When you have a flare-up, move the meat away from the heat source or onto a platter until it dies down. If you prefer, bake the chicken on a baking sheet for about 30 minutes.

2 whole	chickens (5-6 lbs each) cut into pieces	½ cup	lemon juice
Marinade		¼ cup	red-wine vinegar
½ cup	chopped shallots	3 Tablespoons	Dijon mustard
4 cloves	garlic, minced	1 teaspoon	salt
¼ cup	chopped fresh rosemary	½ teaspoon	freshly-ground black pepper
2 Tablespoons	lemon zest	¼ cup	olive oil

- 1 Make Marinade: Chop shallots and rosemary. Mince garlic. Combine all marinade ingredients in a bowl and stir to combine.
- 2 Cut chickens into 8 pieces each. Make a few slits in each piece so that the marinade can get into the meat.
- 3 Pour marinade over the chicken and refrigerate for at least 4 hours or overnight.
- 4 Prepare outdoor grill for barbecuing or preheat oven to 375°. Grill chicken, using an indirect method or over medium heat. Cook chicken on both sides for about 25-30 minutes total or until the chicken is medium soft, but not hard to the touch. Thicker pieces will take longer. Breast meat generally cooks faster. Remove individual pieces from the grill before they are completely cooked (or hard), as they will continue to cook on the platter.
- 5 Cover the chicken with foil and let rest for about 10 minutes before serving.

Servings: 16

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Inactive Time: 4 hours and 10 minutes

Total Time: 4 hours and 55 minutes

Oven Temperature: 375°F

Nutrition Facts

Nutrition (per serving): 347 calories, 234 calories from fat, 26g total fat, 103.5mg cholesterol, 278.3mg sodium, 317mg potassium, 2.2g carbohydrates, <1g fiber, <1g sugar, 24.7g protein.

Source

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