

# Aromatic Grilled Whole Chicken



Serves 5

Ingredients:

- 1 whole chicken
- 1 tablespoon salt
- 1 tablespoon ground pepper
- 1 to 2 tablespoons smoked sweet paprika
- 1 tablespoon chili powder
- 1 tablespoon garlic powder or dried minced garlic
- 1 teaspoon turmeric

## Instructions:

1. Get the grill started first, so it comes up to at least 325°F.
2. Mix the dry ingredients together and set the rub aside.
3. Set the chicken breast-side down and remove anything that's inside the cavity. Using a sharp knife or kitchen shears, cut down each side of the backbone to remove it. The backbone runs right down the middle of the chicken. When the backbone is removed, the chicken will fold open.
4. Rub the bird with olive oil then rub the spice mix generously all over the bird.
5. Cook the chicken with the grill lid on, checking and turning the bird every 15 minutes. Watch out for flare-ups and try to avoid letting the chicken come in direct contact with flames. Cook until an internal temperature of at least 165°F is reached.

Nutrition per serving: Calories 200; Total Fat 7.8 g; Saturated Fat 2.1 g; Monounsaturated Fat 2.7 g; Polyunsaturated Fat: 1.9 g; Total Carbohydrates 3.2 g; Dietary Fiber 1.8 g; Sugar Alcohols 0.0 g; Sugars 0.4 g; Protein 28.2 g; Sodium 1534 mg