



Beer Barbequed Chicken

Serves 6

1 tablespoon smoked paprika
2 teaspoons dried oregano
1 ½ teaspoons salt
1 teaspoon packed dark brown sugar
1 teaspoon ground cumin
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon ground chipotle chili
½ teaspoon freshly ground pepper
1 4-pound chicken, giblets and excess skin removed
1 12-ounce bottle beer, preferably pale ale or American larger, divided

- Preheat a gas grill (with all burners lit) to 400°F or build a fire in a charcoal grill and let it burn down to medium heat (about 400°F).
- Combine all ingredients except chicken and beer in a small bowl.
- Loosen chicken skin over breast and thigh meat, rub spice mixture under skin onto breast and leg meat, a little on skin and inside cavity. Tuck wings under body and tie legs together with kitchen string.
- If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on grill). If using a charcoal grill, move coals to one side. Wearing an oven mitt, carefully place a drip pan under the grill rack on the unheated side. Place chicken breast-side down on the rack over the pan. Pour half the beer into the cavity (it's ok if some drips out into the drip pan).
- Close the lid and roast undisturbed for 45 minutes.
- Turn chicken breast-side up. Pour remaining beer into cavity. Cover and continue roasting until an instant-read thermometer inserted into the thickest part of the thigh without touching bone registers 165°F, 30 to 45 minutes more.
- Transfer chicken to a clean cutting board; let rest for 10 minutes. Remove the string and carve.

From www.eatingwell.com

Nutritional Information:

Calories: 173	Total Fat: 7g
Saturated Fat: 2g	Sodium: 656mg
Fiber: 1g	Protein: 25g