

Grilled Chicken with Marinated Peppers

*Curtis Stone
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Servings: 4

*1 five-pound whole chicken
salt (to taste)
pepper (to taste)
2 thick slices sourdough bread, grilled
or toasted
2 red bell peppers
1/4 cup olive oil, divided
1 tablespoon balsamic vinegar
1 shallot, finely chopped
2 cloves garlic, thinly sliced*

Preparation Time: 10 minutes

Cook Time: 1 hour 5 minutes

Preheat a covered grill over medium heat. Just before grilling the chicken, turn off the burners on half of the grill (indirect heat). (If using charcoal, bank all of the coals to one side of the grill and keep the other side empty.)

Using kitchen shears, cut along either side of the chicken backbone to remove it. Using a heavy sharp knife, cut through the breast bone to split the chicken in half lengthwise. Sprinkle with salt and pepper.

Place the chicken, skin side up, on the cool side of the grill. Cover the grill and cook the chicken for 55 minutes or until the skin is a light golden brown and the chicken is cooked through, and an instant-read thermometer inserted into the thickest part of the thigh registers 165 degrees.

Transfer the chicken to the hot side of the grill. Cook, skin side down, rotating every 5 minutes or until the skin is crisp and lightly charred. Place the chicken over the bread on a platter. Let rest for 10 minutes.

While the chicken is grilling, coat the peppers in one teaspoon of oil. Place the peppers on the hot side of the grill. Cover the grill. Cook, turning occasionally, for 15 minutes or until charred all over.

Transfer the peppers to a bowl and set aside to steam for 10 minutes. Uncover and cool the peppers slightly. Remove the seeds, stems and skins from the peppers. Slice.

In a small bowl, combine the peppers, vinegar, shallots, garlic and remaining oil. Season with salt and pepper. Spoon over the chicken and serve with bread.

Make ahead: Peppers can marinate for up to two days, covered and refrigerated. Bring to room temperature before serving.

Per Serving (excluding unknown items): 731 Calories; 53g Fat (65.9% calories from fat); 50g Protein; 12g Carbohydrate; 2g Dietary Fiber; 235mg Cholesterol; 261mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 6 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	731	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	65.9%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	6.6%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	27.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	53g	Folacin (mcg):	96mcg
Saturated Fat (g):	13g	Niacin (mg):	18mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0
Cholesterol (mg):	235mg	% Refuse:	0.0%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	50g	Lean Meat:	6 1/2
Sodium (mg):	261mg	Vegetable:	1
Potassium (mg):	632mg	Fruit:	0
Calcium (mg):	47mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	6 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	121mg		
Vitamin A (i.u.):	5720IU		
Vitamin A (r.e.):	972RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 731 **Calories from Fat:** 482

% Daily Values*

Total Fat 53g	81%
Saturated Fat 13g	65%
Cholesterol 235mg	78%
Sodium 261mg	11%
Total Carbohydrates 12g	4%
Dietary Fiber 2g	6%
Protein 50g	
Vitamin A	114%
Vitamin C	201%
Calcium	5%
Iron	23%

* Percent Daily Values are based on a 2000 calorie diet.