

# **Smoky Garlic and Spice Chicken**

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**Servings: 4**

**Preparation Time: 20 minutes**

**Grill Time: 1 hour**

**1/3 cup reduced-sodium soy sauce**

**3 tablespoons lime juice**

**6 cloves garlic, minced**

**1 tablespoon olive oil**

**1 tablespoon ground cumin**

**1 teaspoon paprika**

**1/2 teaspoon dried oregano**

**1/2 teaspoon pepper**

**1 (3 to 4 pound) broiler/fryer chicken, split in half lengthwise**

In a large resealable plastic bag, combine the soy sauce, lime juice, garlic, olive oil, cumin, paprika, oregano and pepper.

Add the chicken. Seal the bag and turn to coat.

Refrigerate for 8 hours or overnight.

Drain and discard the marinade.

Moisten a paper towel with cooking oil. Using long-handled tongs lightly coat the grill rack.

Prepare the grill for indirect heat using a grill pan.

Place chicken, cut side down, over a drip pan and grill, covered, over indirect medium heat for 1 to 1 1/4 hours or until a meat thermometer reads 180 degrees, turning occasionally.

Let stand for 10 minutes before carving.

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Per Serving (excluding unknown items): 61 Calories; 4g Fat (52.7% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 796mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.