

MAIN DISHES

SUPER JUICY CHICKEN

“Super Juicy Chicken” is literally the name of the game. Coat chicken in McCormick® Grill Mates® Sweet & Smoky Rub and a kick of tangy mustard. Let the grill do the rest.

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PREP TIME	COOK TIME	CALORIES	INGREDIENTS

INGREDIENTS 8 Servings

3 pounds bone-in chicken parts

1/4 cup French's® Classic Yellow Mustard

1/4 cup McCormick® Grill Mates® Sweet & Smoky Rub

INSTRUCTIONS

- 1 Coat chicken evenly with mustard. Sprinkle with Rub on all sides.
- 2 Prepare grill for indirect medium-low heat (250°F to 325°F). Preheat grill by turning all burners to high with lid closed. Turn off burner(s) on one side of the grill. Turn burner on the other side to medium-low. Place chicken on unlit side of grill. Close lid.

Note: To maintain medium-low heat (250°F to 325°F), keep lid closed and adjust lit burner as necessary. Directions were developed using a gas grill. Grills vary; cooking time is approximate.
- 3 Grill 40 to 45 minutes or until internal temperature of thickest part of chicken is 165°F, turning occasionally. Move chicken to lit side of grill with skin-side down. Turn lit side of grill to high.
- 4 Grill, uncovered, 3 to 5 minutes longer or until chicken is lightly charred, turning once.

5 **Cooking over a campfire?** Prepare chicken as directed. Arrange hot coals on one side of campfire and carefully place grill grate over top. Place chicken over indirect heat (the side without the flames). Tent with foil for even cooking. Grill as directed, rearranging hot coals as needed to maintain indirect heat.

NUTRITION INFORMATION

(per Serving)

Calories	202
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Total Fat	10g
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Cholesterol	108mg
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Sodium	507mg
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Carbohydrates	4g
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Fiber	0g
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Protein	24g
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