



Watch how to grill a spatchcock chicken step-by-step by holding your smartphone's camera over this code or go to eatingwell.com/spatchcock



Can't find one of these? Buy a whole chicken and ask your butcher to spatchcock it for you.

Lickety-Split Chicken

Cook a whole bird on a weeknight with this solution: pre-spatchcocked chicken. The spatchcocking (butterflying the bird so it lies flat) is done for you. All you have to do is use the indirect grilling method here and boom, dinner is done.

FIRE IT UP

Preheat the grill to medium-high. Turn off one burner (leaving one to two on, depending on the size of your grill) and place the chicken skin-side down on the unlit portion. Cook, turning and rotating once halfway through, until an instant-read thermometer inserted in the thickest part without touching bone registers 160°F, about 45 minutes to 1 hour total. Transfer to a cutting board and let rest for 5 minutes before carving.

GRAB & GRILL

Trader Joe's Spatchcocked Chickens

Available in BBQ Seasoned and Lemon Rosemary, these pre-spiced chickens require no prep. Just open and cook!

Bell & Evan's Spatchcock Chicken

This unseasoned bird is a blank canvas for your favorite sauces, marinades and spice rubs.

FLAVOR-PACKED HACKS

Hack 1: Mash fresh raspberries into your favorite BBQ sauce. Slather half under the chicken skin before grilling. Save the rest for serving.

Hack 2: Combine honey and mustard, then thin with a little olive oil. Stir in your favorite fresh herb, like thyme or rosemary, and spread under the chicken skin before grilling.

Hack 3: Make a dry rub with lemon zest, grated fresh garlic, salt and your favorite dried herbs. Rub under the chicken skin, then grill.