

Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's
Registered Dietitian



spatchcock chicken

- 1 whole chicken (4-5 lbs)
- 1 Tbsp cumin
- 1 Tbsp smoked paprika
- 4 garlic cloves, minced
- 1 Tbsp salt
- 1 tsp pepper
- zest & juice from 1 lime
- 3 Tbsp ghee (or **duck fat!**)
- 2 garlic cloves, minced
- 2 Tbsp olive oil
- 1/2 cup mayonnaise
- 1/2 tsp salt
- juice from 1 lime
- 1 cup cilantro, chopped

- 1) Using kitchen shears, remove the spine from the bird. Make a shallow cut into the breastbone, then press both sides flat and flip the bird over.
- 2) Combine ingredients 2 - 8 into a paste and spread over the entire outer skin and under the skin, as well. Cover and let marinate at least 2 hours.
- 4) Preheat oven to 400 degrees F. Place bird on a rack over a rimmed baking sheet. Meanwhile, heat olive oil in a skillet over medium heat and cook garlic until fragrant.
- 5) Combine remaining ingredients in a blender and pulse until smooth. Add olive oil/garlic mixture and blend a little further.
- 6) Cook bird on upper middle rack for about 45 minutes. Let rest, then serve with dipping sauce!



Admittedly, I stole this recipe from my husband (who is a far better cook than I!). "Spatchcock" describes the style of cooking whereby the whole bird is split and flattened for a more even, quicker cook. This particular recipe is a bit more indulgent with its mayo-laden sauce; I recommend serving over greens with a side of baked sweet potato fries. Also try subbing **duck fat** for a healthful fat option!