



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BRINED CHICKEN

Time: 45 minutes (plus overnight marinating)

Serves: 6

Ingredients:

1 chicken - cut into pieces
4 cups chicken stock

Preparation:

Place the chicken pieces and stock in a zipper seal freezer bag. Remove as much air from the bag as possible, seal and refrigerate overnight.

Preheat your barbecue grill on low. Grill the chicken covered for twenty minutes on each side or until the internal temperature reaches 170F.

Remove the chicken from the grill and let it rest for a few minutes before serving.

Nutritional Information Per Serving (based on one leg):

Calories: 189
Fat: 12g
Carbs: 0g
Fibre: 0g
Protein: 18g