

## Maple Buttermilk Grilled Chicken

Hands-on time: 45 minutes Total time: 2¾ hours Makes: 10 to 12 servings

Everyone will love this sweet and savoury chicken. Mix it up by using a variety of white and dark meat so that they all get their favourite pieces. Be sure to cut chicken breasts in half crosswise, through the bone, to make them more similar in size to the thighs and drumsticks. For a fun garnish, cut a lime in half to grill alongside the chicken for the last 10 minutes.

2 cups buttermilk  
 2 green onions, chopped  
 4 cloves garlic, minced  
 ½ tsp pepper  
 ¼ tsp each cinnamon and crushed hot pepper flakes  
 20 small bone-in skin-on chicken pieces (about 2½ lb/1.125 kg)  
 ½ tsp salt  
 ¼ cup maple syrup

In large bowl, combine buttermilk, onions, garlic, pepper, cinnamon and hot pepper flakes. Add chicken, turning to coat. Cover and refrigerate for 2 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

Remove chicken from marinade, discarding marinade. Sprinkle with salt. Place on greased grill over medium-high heat; close lid and grill,

turning occasionally, until digital rapid-read thermometer inserted into thickest part reads 165°F (74°C), about 35 minutes.

Grill, brushing with maple syrup, until glossy and coated, about 5 minutes.

PER EACH OF 12 SERVINGS: about 113 cal, 10 g pro, 5 g total fat (2 g sat. fat), 6 g carb (trace dietary fibre, 5 g sugar), 34 mg chol, 149 mg sodium, 157 mg potassium. % RDI: 3% calcium, 2% iron, 2% vit A, 2% folate. »

KIDS  
LOVE IT

