

JW's Grilled Chicken

Serves 4-6

This recipe comes from West County Grill in Sebastopol. Chef Darren McDonald uses a Fulton Valley chicken.

2 small chickens, about 3-3½ pounds each

Kosher salt and ground black pepper, to taste

¾ cup olive oil

Instructions: Remove the backbone (See video on how to cut up a chicken at sfgate.com/food) and cut through the breastbone of each chicken, making four separate halves. Season chickens liberally with salt and pepper and toss with the olive oil. Cover and marinate for 2-4 hours in the fridge.

When you are ready to cook, preheat a grill so that it is extremely hot, about 500-600°.

Pull chicken halves out of the olive oil, place skin side down on grill, and cook until you get good grill marks and the skin is golden, about 5-10 minutes. Flip the chicken halves and continue to cook until done, another 20-25 minutes, or until an instant-read thermometer reaches 165°.

Let rest for 10 minutes before serving.

Per serving: 430 calories, 70 g protein, 1 g carbohydrate, 19 g fat (4 g saturated), 184 mg cholesterol, 872 mg sodium, 0 fiber.