

# Spatchcocked Traeger Chicken

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- 1 - four pound Spatchcocked Chicken
- 3 Tablespoons Olive Oil
- 1 Tablespoon Kinders Lemon Pepper (or rub of your choice)
- 1 teaspoon garlic powder

## Instructions:

Start by turning the chicken over so the backbone is facing up. Use a heavy duty kitchen shears, or poultry shears to cut down alongside the backbone on both sides until it is cut completely through from end to end. You will have to cut through the ribs so it is not easy. Turn the chicken over (breast side up) and press down with the heel of your hand until it flattens. You may hear a crack when the breast bone breaks. Then season both sides as desired. Preheat the Traeger to 225 degrees F. Place the spatchcocked chicken directly on the grate. Insert a probe thermometer into the breast. Smoke until the internal temperature reaches 165 degrees F. Approximately 3 hours.