



BBQ RECIPE



BBQ CHICKEN

Chicken goes great with a variety of of your favourite healthy salads. Remember, local butchers often offer chicken that has more flavour at competitive prices.

BBQ Chicken

Serves 4

Ingredients:

- 5 teaspoons Hungarian sweet paprika
- 4 teaspoons brown sugar
- 3 teaspoons kosher salt
- 2 teaspoons freshly ground black pepper
- 1 teaspoon garlic powder
- 4 (6-ounce) skinless, boneless chicken breasts
- 2 tablespoons extra-virgin olive oil or melted unsalted butter
- 1 teaspoon barbecue smoke seasoning (such as Hickory Liquid Smoke)
- 1 cup barbecue sauce



Instructions:

1. To make the rub, combine the first 5 ingredients in a bowl. You will need 1 ½-2 tablespoons of rub for this recipe. You can store the excess in a sealed jar which will last for several weeks.
2. Sprinkle the rub over the chicken on both sides. Arrange the chicken in a baking dish, cover with foil, and refrigerate for 20 minutes.
3. To make the basting mixture, combine oil and smoke seasoning in a small bowl and stir it with a whisk.
4. Grill chicken on high for 4-6 minutes per side or until browned. Begin basting chicken after first 2 minutes of cooking and baste several times.
5. Transfer chicken to plate and serve with BBQ sauce.

Nutritional Info (per serving)

Calories: 303	Sodium: 973mg
Total Fat: 12g	Protein: 36g

Source: www.health.com