

# BBQ RECIPES

## BBQ CHICKEN

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

### BBQ Chicken

Makes 4 servings

#### Ingredients

- 5 tsp sweet paprika
- 4 tsp brown sugar
- 3 tsp kosher salt
- 2 tsp freshly ground black pepper
- 1 tsp garlic powder
- 6 (6-oz) skinless, boneless chicken breasts
- 2 tbsp extra-virgin olive oil or melted unsalted butter
- 1 tsp smoke seasoning (like Hickory Liquid Smoke)
- 1 cup barbecue sauce



#### Directions

1. To make the rub, combine the first 5 ingredients in a bowl. You will need 1½ to 2 tablespoons of rub for this recipe. The rub will keep for several weeks stored in a sealed jar.
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 whisk.
4. Grill the chicken on high for 4-6 minutes per side or until browned. Begin basting the chicken after the first 2 minutes of cooking and baste several times while cooking.
5. Transfer the chicken to a plate and serve with BBQ sauce and a fresh salad.

Nutrition Info Per Serving: Cal 303 | Fat 12g | Protein 36g | Sodium 973mg

