

VitaMin



Vital health information in a minute

Photo: Caitlin Bensel

ULTIMATE BBQ CHICKEN

Yield: Serves 4 (serving size: 1 breast half)

Total time: 1 hour 8 minutes

Ingredients

- › 1/3 cup organic ketchup
- › 2 tablespoons water
- › 1 tablespoon honey
- › 2 teaspoons canned chipotle chilies in adobo sauce
- › 2 teaspoons cider vinegar
- › 1 teaspoon Dijon mustard
- › 2 teaspoons garlic powder
- › 2 teaspoons chili powder
- › 1 teaspoon paprika
- › 1/2 teaspoon ground cumin
- › 1/4 teaspoon kosher salt
- › 1/4 teaspoon black pepper
- › 4 bone-in, skin-on chicken breast halves (about 3 lb.)
- › Cooking spray

How to make it

1. To prepare sauce, combine first 6 ingredients in a small saucepan; bring to a boil over medium heat. Reduce heat; simmer 15 to 20 minutes or until thickened.

2. To prepare chicken, combine garlic powder, chili powder, paprika, cumin, salt and black pepper in a small bowl. Loosen skin from breast halves by inserting fingers, gently pushing between skin and meat. Rub the spice mixture evenly under loosened skin; let stand at room temperature 30 minutes.
3. Preheat grill to medium-high heat, lighting only one side of the grill to enable both direct and indirect grilling.
4. Coat grill rack with cooking spray; place chicken, skin side down, on lit side of grill (direct heat). Cover and grill 8 minutes on each side. Remove skin from chicken; discard skin. Baste chicken with sauce mixture. Move chicken to the unlit side of the grill (indirect heat).

Cover and grill an additional 5 minutes on each side or until done, basting every minute. Serve with remaining sauce.

Nutrition information

Amount per serving

- › Calories: 313
- › Fat: 6.1 g
- › Saturated fat: 1.7 g
- › Monounsaturated fat: 2 g
- › Polyunsaturated fat: 1.4 g
- › Protein: 50 g
- › Carbohydrates: 12 g
- › Dietary fiber: 1 g
- › Cholesterol: 135 mg
- › Iron: 2 mg
- › Sodium: 542 mg
- › Calcium: 37 mg
- › Sugars: 9 g
- › Est. added sugars: 7 g

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