



4 SERVINGS



30 MINUTES



203 CALS

Tender, Juicy and Flavorful Barbecue Chicken

SHANNON LLEWELLYN

Ingredients

- 4 skin-on chicken breasts (or skin-on thighs, drumsticks or wings)
- As needed olive oil
- As needed salt, pepper, garlic powder, onion powder, cayenne powder
- As needed BBQ sauce of your choice

Instructions



PREP: 10M

COOK: 20M

READY IN: 30M

1. Preheat the grill to high heat. Brush the chicken breasts with olive oil and rub in the seasonings.
2. Place chicken on the grill breast side down and shut the grill cover. Grill chicken breasts about five minutes.
3. Turn the chicken over and baste the chicken breasts with barbecue sauce, cover and grill another five minutes.
4. Check if it is done by inserting a meat thermometer in the thickest part of the breast. When it measures 160 degrees Fahrenheit, it's finished. Most meats will continue to cook after they've been removed from the heat source, this is called 'carryover' or 'residual' cooking.
5. Remove chicken from the grill and wrap in aluminum foil to keep it hot and to allow the steam to keep it juicy and tender. Add more barbecue sauce to the chicken pieces before serving.
6. With that in mind, the best time to sauce a grilled (BBQ) chicken is after it's cooked, or more precisely, when it's nearly cooked. Go ahead and season it liberally and coat it in butter or oil beforehand, but wait until it is no more than a few minutes away from being done before you sauce it.