

Southern Grilled BBQ Chicken (makes about 6 servings)

Everyone has a favorite homemade BBQ sauce with that secret ingredient! Here is one to add to your family tradition.

Kitchen tools:

1 small sauce pan	1 spoon
1 vegetable grater	1 fork or whisk
1 large bowl	1 set measuring spoons
1 large rectangular glass pan	1 BBQ brush
1 roll of plastic wrap	large grill forks or tongs
1 meat thermometer	aluminum foil (if using oven)

Ingredients:

5 tbsp tomato paste	¾ tsp cayenne pepper
1 tsp ketchup	1/8 tsp black pepper
2 tsp honey	¼ tsp onion powder
1 tsp molasses	2 cloves garlic, minced
1 tsp Worcestershire sauce	1 inch piece of fresh ginger, peeled and grated
½ cup vinegar, plus 4 tsp vinegar set aside	1 ½ pounds of chicken thigh or legs (skinless)

What to Do:

1. Combine all ingredients, except chicken in saucepan. Simmer for 15 minutes. Add little water if needed.
2. Put chicken in large bowl. Pour ½ c vinegar over chicken. Drain and pat slightly dry.
3. Place in chicken in large glass pan. Brush with ½ of the sauce mixture.
4. Cover chicken with plastic wrap and let marinate in refrigerator 30 minutes to 1 hour.
5. Grill on outdoor grill for 30 to 45 minutes, turning frequently. Use meat thermometer to check that meat gets to internal temperature of 165 to 170 degrees. (If want to cook in oven, broil for 10 minutes on each side, then cover with aluminum foil and then bake at 350 degrees for 30 minutes to 165 to 170 internal temperature).

June 2022 by U.R. Taylor, MS, RDN, CDN, Educator/EFNEP Supervisor

Adapted from Heart Healthy Home Cooking, African Style. US Department of Health and Human Services, NIH Pub No. 08-3792, rev May 2008, reprint April 2011.