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Smoky Barbecue Chicken*

Makes 8 servings. Recipe from AARP.

Ingredients

- 1 1/2 tablespoons brown sugar, light or dark
- 1 1/2 tablespoons smoked paprika
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey
- 3 pounds boneless, skinless chicken thighs
- 2 tablespoons olive oil

Nutritional info per serving

Calories:	382
Total fat:	16g
Cholesterol:	151mg
Sodium:	439mg
Total Carbs:	7g
Dietary Fiber:	.5g
Protein:	49g

Directions

1. Mix sugar, paprika, pepper, garlic powder and salt in a small bowl. In another small bowl mix vinegar and honey.
2. Put the chicken into a shallow pan, drizzle with the oil, and toss to coat evenly. Sprinkle the spice mixture over the chicken; toss and rub to coat thoroughly.
3. Prepare a hot charcoal fire, or heat a gas grill with all burners on high for 10 minutes.
4. Clean the hot grate with a wire brush, and then lubricate it with an oil-soaked paper towel. Put the chicken, skin side down, onto the grate and grill, covered, until one side has dark grill marks (5 to 6 minutes for large thighs; 4 to 5 minutes for medium and small thighs).
5. Turn and continue to grill until well marked on the other sides and cooked through (5 to 6 minutes longer for large thighs; 4 to 5 minutes for medium and small thighs).
6. Transfer thighs to a serving dish, and brush with vinegar-honey mixture; let rest 4 to 5 minutes. Serve hot, warm or at room temperature.