

## BBQ Chicken

Prep Time: 10 minutes + 60 minutes marinate time | Cook Time: 30 minutes

Servings: 4 | Serving Size: ¾ cup beans



*Grab some chicken legs, thighs, and breasts and hit the grill with this perfect BBQ chicken recipe that isn't loaded with tons of sugar.*

### Ingredients:

1/2 cup organic ketchup	1 ½ pounds chicken (breast, drumstick, etc, your choice)
1/3 cup apple cider vinegar	½ teaspoon chili powder
3 tablespoons Dijon mustard	¼ teaspoon cayenne (optional)
3 cloves garlic, minced	½ teaspoon garlic granules
2 tablespoons coconut sugar or raw honey	¼ teaspoon salt
1/4 cup blackstrap molasses	½ teaspoon pepper
1 teaspoon lemon juice	Cooking spray

### Directions:

1. Combine all ingredients except chicken in a bowl and mix until thoroughly combined. Divide mixture into two equal parts; reserve half in an airtight container for later.
2. Place chicken in a zip lock bag and pour remaining sauce over it, seal and turn to coat well. Then place in the refrigerator for at least 1 hour and up to 12 hours (if you want to marinate it during the day).
3. **To cook chicken in oven:** preheat oven to 350 degrees. Then heat a skillet over medium-high heat and spray thoroughly with cooking spray. Remove chicken from marinade and place in skillet, cook 2-3 minutes each side, just to sear the meat.
4. Coat a 9 x 13 baking disk well with cooking spray, place the seared chicken and ½ of reserved sauce mixture and toss to coat. Bake for 35 to 45 minutes, basting with the sauce every 15 minutes until chicken is done (meat thermometer should read 165 degrees).
5. **To cook chicken on the grill:** Heat grill to medium. Lightly oil grates; place chicken on grill. Cover grill; cook, turning frequently, until chicken registers 165 degrees on an instant-read thermometer, about 10 to 15 minutes. Uncover grill; continue cooking, basting frequently with reserved sauce, until chicken is glazed thoroughly, 3 to 4 minutes more.

### Tips and Tricks:

### Nutritional Information Per Serving:

**Calories: 269.5**  
**Fat: 5.6 g**  
**Cholesterol: 105.4 mg**  
**Sodium: 777.8 mg**  
**Total Carbohydrate: 9.5 g**  
**Dietary Fiber: 0.2 g**  
**Sugars: 6.5 g**  
**Protein: 38.8 g**