

Grilled BBQ Chicken

Ingredients

- Olive oil spray
- 1 1/2 pounds chicken breasts
- Chicken seasoning, OR dry BBQ seasoning
- (you can make this and season with it!)
- 1 1/2 tablespoons smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/4 tsp ground white pepper

For the Sauce

- 3 TBS honey – The addition of honey gives it
- that sweet and sticky extra!
- 1 cup BBQ sauce – I recommend Primal Kitchen. There are no added sugars or
- artificial sweeteners!

Directions

1. Preheat grill to 400 degrees Fahrenheit
2. Get two pieces of parchment and place chicken breast between them. Use a meat hammer to tenderize. Pound on each side of the chicken breast until you get desired thickness. This is SO worth the effort! It makes your chicken extra tender and juicy!
3. Spray chicken with olive oil spray and season both sides of the chicken breasts with dry seasoning of your choice. mix together honey and BBQ sauce.
4. Place the chicken breasts on the grill and cook, covered, for 4 minutes per side. Baste each side of the chicken liberally with the honey BBQ sauce and cook for an additional minute on each side. The internal temp of the chicken should be 165 degrees.
5. If you don't grill often- get a meat thermometer. This makes it so much easier to know when your meat is done!
6. You will probably have a little extra sauce for serving.
7. Enjoy!

MADE WITH LOVE

by Teresa Forehand