

Southern Barbecued Chicken

*Be sure to cook your chicken until it reaches an internal temperature of 165°F

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Spicy Southern Barbecued Chicken	0	0	0	1	199
TOTAL:	0	0	0	1	199

Serves: 6

1 Serving size= ½ breast or 2 small drumsticks

Ingredients

- 5 tablespoons tomato paste
- 1 teaspoon ketchup
- 2 teaspoons honey
- 1 teaspoon molasses
- 1 teaspoon Worcestershire sauce
- 4 teaspoons white vinegar
- ¾ teaspoon cayenne pepper
- ⅛ teaspoon black pepper
- ¼ teaspoon onion powder
- 2 cloves garlic, minced
- ⅛ teaspoon ginger, grated
- 1½ pounds chicken (breasts, drumsticks), skinless

Directions

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry. Place it on large platter and brush with half the sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at 350°F for 30 minutes.