



## Classic BBQ Chicken

### INGREDIENTS

4 boneless skinless chicken breasts or thighs  
extra virgin olive oil  
salt and pepper, to taste  
½ cup of your favorite BBQ sauce

### DIRECTIONS

**GRILL:** Prepare the grill for direct cooking at high heat (450°F). Brush the cooking grates clean. Drizzle chicken olive oil and season generously with salt and pepper. Place chicken on the hot grill. Cover and cook for 5-6 minutes or until they easily release from the grates. Flip the chicken and cook for 4-5 minutes longer. Baste chicken with BBQ sauce, flip and cook for 2 minutes on each side. Repeat on the other side. Cook until chicken is firm to the touch and opaque all the way through, registering 160°F internal temp (the temp will rise to 165°F as the chicken rests).

**OVEN:** Preheat oven to 450°F and drizzle chicken with oil. Season with salt and black pepper. Place on a baking sheet lined with aluminum foil and bake for 15 minutes. Brush the top side of the chicken with BBQ sauce, return to the oven and cook for 5-8 minutes longer, or until the sauce bubbles, begins to char and the internal temperature is 160°F and the juices run clear.

Makes 4 servings; approximately 300 calories each.