



BBQ Grilled chicken

Serves 1

Ingredients

- 0.25 cup bbq sauce
- 0.25 teaspoon black pepper
- 0.5 pound chicken breast ((auto-linked, score 1.00, 0.5pound!0.5000lb
- 1 teaspoon olive oil ((matched "Extra Virgin Olive Oil" but unit teasp estimate))
- 0.5 teaspoon salt

Instructions

1. Preheat grill to medium-high heat.
2. Brush chicken breast with olive oil, then season with salt and black pepper.
3. Place chicken on the hot grill. Cook for 6-8 minutes per side, or until internal temperature reaches 165°F (74°C).
4. During the last 5 minutes of grilling, brush both sides of the chicken generously with BBQ sauce.
5. Remove chicken from grill and let rest for 5 minutes before serving.