

MEMPHIS BARBECUE BONE-IN CHICKEN BREASTS

Yield: 4 Servings (1 split breast per serving)



TOTAL TIME: 50 minutes

INGREDIENTS

- 4 split chicken breasts
- Wegmans Memphis-Style BBQ Sauce

PREPARATION

Preheat grill on high for 10 min.

Preheat oven to 350 degrees.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Sear chicken about 4 min. until skin is charred brown. Turn over; sear 4–5 min. Transfer to oven-proof pan.
3. Roast on center rack of oven about 20 min.
4. Remove from oven and brush liberally with barbecue sauce. Return to oven; cook 15–20 min., or until internal temp. of chicken reaches 165 degrees. Check by inserting thermometer halfway into the thickest part of the chicken, away from bone.
5. Transfer to serving platter.

NUTRITION

Per serving: Calories: 330; Fat: 11 g (4 g saturated fat); Cholesterol: 135 mg; Carbohydrates: 4 g; Protein: 54 g; Sodium: 500 mg.

Recipe courtesy of Wegmans