



Sweet Spicy Grilled BBQ Chicken

Moist on the inside; spicy glazed on the outside

Spicy Paste Rub:

1-1/2 Tablespoons coconut oil or desired oil

1 Tablespoon brown sugar

1/4 teaspoon ground (each) cinnamon; turmeric

1/4 teaspoon ground (each) chipotle red pepper; black pepper

1/2 teaspoon salt

4 large boneless skinless chicken thighs, trimmed

Get Ready: Preheat oven to 375 degrees F. Place a rack on a foil lined baking pan; coat with nonstick oil spray.

Coat Chicken with Rub: In a small bowl, combine all spicy paste ingredients together. Pat chicken thighs dry with paper towels; cut each thigh in half; spread paste over each piece of chicken; arrange pieces on

prepared rack; bake in 375-degree F oven for 20 to 25 minutes or until tender. Remove from oven.

Prepare Grill for two zone grilling, heating one side to high and the other to low. Brush grill grates with oil. If using a grill pan; brush pan with oil.

Easy Sweet Spicy BBQ Glaze:

1/3 cup chopped onion
1 clove garlic, minced
1 Tablespoon coconut oil or desired oil
1/3 cup ketchup
3 Tablespoons red pepper jelly
1 Tablespoon brown sugar
1 Tablespoon apple cider vinegar
Garnish: Fresh cilantro leaves as desired

Prepare BBQ Glaze: Sauté onion and garlic in oil in a saucepan over medium to medium high heat about 2 to 3 minutes to soften. Stir in ketchup, pepper jelly, brown sugar, vinegar' bring to a boil; stir to combine ingredients; remove from heat.

Glaze Chicken: Arrange chicken thighs, presentation side up on preheated 350-degree F grill pan or low side of grill; brush with BBQ glaze; cover; grill covered 3 minutes. Flip chicken; baste again; cover grill until an instant read thermometer registers 165 degrees F.

To Serve: Place chicken on serving plate; drizzle with some of the remaining glaze. Garnish with cilantro leaves.

Yield: 8 chicken thigh pieces Serves 2 to 4

Cook's Note: The recipe can be prepared in the oven and then later glazed for serving on a grill pan or grill. If the chicken thighs are small, use 6 thighs in place of 4 large chicken thighs.

About the Recipe: This chicken recipe has a flavorful spicy paste that bakes into the chicken and keeps it moist. It's covered with an addictive, spicy BBQ glaze; lightly grilled; and ready for serving in minutes. It's grill and grill pan friendly.