



GRILLED HONEY BBQ CHICKEN

May 16

National Barbeque Day

INGREDIENTS

- ½ Cup Barbecue Sauce
- ½ Cup Honey
- 2 Tablespoons Olive Oil
- 2 Tablespoons Apple Cider Vinegar
- 2 Cloves Garlic (minced)
- 1 Teaspoon Pepper
- 1 Pound Boneless, Skinless Chicken Tenderloins, Fresh

DIRECTIONS

1. Place all ingredients in a large ziptop plastic bag and seal. Coat chicken evenly.
2. Place bag in the fridge to marinate for at least 1 hour.
3. Preheat an indoor grill pan or saucepan to medium-high heat and cook for about 7 minutes or until internal temperature reaches 165°.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces