

BARBECUE IN A BREEZE

**SISTERS SOUTHERN SWEET
BARBECUE CHICKEN**

- 4 chicken breast fillets (boneless & skinless)
- 3 Tbsp TSG Peppery Herb Rub
- ½ cup TSG Sisters Southern Sweet Barbecue Sauce

Directions for grilling

Lightly brush or spray both sides of chicken with olive oil. Rub Peppery Herb seasoning into chicken. Place chicken on prepared grill. Grill chicken about 6 minutes on each side or until internal temperature reads 170°. Pour ½ cup of TSG BBQ sauce into a custard cup. Brush on both sides of chicken, remove from grill.

Directions for oven baking

Preheat oven to 375°F. Place chicken in baking dish. Rub Peppery Herb Seasoning into chicken. Bake 25 min. or until chicken is cooked through (170°). Brush both sides of chicken with barbecue sauce and return to oven for 2-3 min. Transfer chicken pieces to a platter and serve with additional sauce on the side