



## Spicy Southern Barbecued Chicken

Serving size: ½ breast or 2 small drumsticks

Yield: 6 servings

### Ingredients:

- 5 tablespoons (3 ounces) tomato paste
- 1 teaspoon ketchup
- 2 teaspoons honey
- 1 teaspoon molasses
- 1 teaspoon Worcestershire sauce
- 4 teaspoons white vinegar
- ¾ teaspoon cayenne pepper
- 1/8 teaspoon black pepper
- ¼ teaspoon onion powder
- 2 cloves garlic, minced
- 1/8 teaspoon ginger, grated
- 1½ pounds chicken (breasts and drumsticks), skinless



### Directions:

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Place chicken on large platter and brush with half of sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Turn oven to 350° F and add remaining sauce to chicken. Cover chicken with aluminum foil and continue baking for 30 minutes.

Nutrition Facts (per serving): Calories: 176, Total fat: 4 g, Saturated fat: less than 1 g, Cholesterol: 81 mg, Sodium: 199 mg, Fiber: 1 g, Protein: 27 g, Carbohydrate: 7 g, Potassium: 392 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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