



SPOTLIGHT RECIPE

GRILLED BBQ CHICKEN THIGHS

SERVES 8

INGREDIENTS

- 8 boneless, skinless chicken thighs
- 2 tablespoons white distilled vinegar
- 1 tablespoon yellow mustard
- 1 tablespoon Cajun seasoning
- 1 tablespoon smoked paprika
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup mambo BBQ sauce

DIRECTIONS

Add the chicken to a mixing bowl along with the vinegar, yellow mustard, Cajun seasoning, smoked paprika, salt and black pepper.

Toss to coat the chicken evenly.

Cover and let marinate in the refrigerator overnight.

Preheat a grill to medium heat.

Place the chicken thighs on the grill, cook for 2 minutes, and then turn the chicken on the other side and cook an additional 2 minutes.

Remove from the grill and place on a baking tray.

Preheat the oven to 350 F.

Brush the chicken with 1/2 cup of the mambo sauce, and then place it in the oven. Cook for 20 minutes or until a thermometer reads 165 F.

Remove from the oven and brush with the remaining 1/2 cup of the mambo sauce. Keep hot until ready to serve.

Side dishes

Carolina Red Rice • Arugula and Tomato Salad

