

INGREDIENTS:

- ¼ cup of vegetable oil
- 2 tbsp of Dash™ seasoning
- 5 cloves of minced garlic
- 1 tsp of ground cumin
- 2 tbsp of smoked paprika
- 1 tsp of onion powder
- ½ tsp of cayenne pepper
- 1 tsp of black pepper
- 1 ½ lbs of chicken breast or chicken tenderloin

Low-sodium BBQ sauce ingredients:

- 6 oz of tomato paste, no salt added
- 8 oz of unsweetened applesauce
- ¼ cup of apple cider vinegar
- 1 tbsp of Worcestershire sauce
- 1 tbsp of honey Dijon mustard
- 1 tbsp of garlic powder
- 1 tbsp of onion powder
- ½ tsp of ginger powder
- ½ tsp of cayenne pepper (optional)
- 1 ½ tbsp of smoked paprika
- ½ tsp of black pepper
- 1 ½ cups of water



Delicious low-sodium BBQ chicken

BBQ Sauce Directions:

1. Whisk together all of the ingredients in a medium saucepan over medium heat.
2. Simmer for 10 minutes.
3. Brush sauce on grilled chicken.

Chicken Directions:

1. In a large bowl, whisk together the vegetable oil, Dash, minced garlic, cumin, smoked paprika, onion powder, cayenne pepper and black pepper.
2. Marinate the chicken pieces for at least 6 hours.
3. Preheat the grill to 400-450°F.
4. Grill the chicken, covered, for 2-3 minutes. Flip the chicken and then brush with some of the homemade BBQ sauce. Cook for 2-3 minutes on the other side.
5. Serve with some delicious grilled vegetables skewers.