

# Our State eats

Published in the May 2022 issue of Our State

## Grilled Barbecued Chicken Breasts

Yield: 6 servings.

**6 boneless, skinless chicken breasts**

### For the barbecue sauce:

- 2 cups tomato sauce**
- 2 tablespoons tomato paste**
- 1/3 cup apple cider vinegar**
- 2 tablespoons Worcestershire sauce**
- 1/3 cup molasses**
- 2/3 cup light brown sugar**
- 2 teaspoons chili powder**
- 1 teaspoon smoked paprika**
- 1 teaspoon garlic powder**
- 1 teaspoon Kosher salt**
- 1/2 teaspoon ground black pepper**

### For the brine:

- 3 cups cold water**
- 3 cups buttermilk**
- 1/4 cup salt**
- 1/4 cup granulated sugar**

Combine all barbecue sauce ingredients in a saucepan. Simmer over medium-low heat until thickened, about 15 to 20 minutes, stirring occasionally. Refrigerate until ready to grill.

In a large bowl, combine all brine ingredients. Add chicken, cover with plastic wrap, and refrigerate for 30 to 60 minutes.

Preheat grill on high for 15 minutes. Remove chicken from brine and pat dry with paper towels; discard brine.



Scrape grill grates and prepare with cooking spray.

Place chicken on the hottest part of the grill and cook for 2 to 2½ minutes.

Turn chicken over and brush with sauce. Cook until browned on the second side, about 2 to 2½ minutes.

Turn chicken over and move to cooler part of grill. Brush with sauce and cook for 2 more minutes.

Repeat the turning and brushing 2 more times, cooking for 2 minutes on each side.

Flip chicken one final time and brush with sauce. Cook for 1 to 3 minutes or until the internal temperature reaches 165°.

Move chicken to a plate and let rest for 5 minutes before serving.

Subscribe to the Our State Eats newsletter and get recipes weekly.

[Go to ourstate.com/os-newsletters](https://ourstate.com/os-newsletters)