

Barbecue Glazed Chicken Breast

Removing the chicken fat and skin and adding no salt to the tasty sauce makes this chicken favorite heart-healthy.

Ingredients:

1 pound boneless, skinless chicken breast
Joe's Zintastic BBQ Sauce (recipe below)

Directions:

Preheat an outdoor gas or charcoal barbecue to a medium heat. Take a few paper towels and fold them several times to make a thick square. Blot a small amount of oil on the paper towel and carefully and quickly wipe the hot grates of the grill to make a nonstick surface. Arrange the chicken breast on the preheated grill and cook, turn once mid-way, and cook for a total of 8 minutes. Transfer the grill marked chicken to a cookie sheet and then place in the oven. Cook the chicken for 10 minutes, remove it from the oven and then brush liberally, coating every inch with the barbecue sauce and then return to the oven for 10 to 15 more minutes, basting the chicken for a second time half way through remaining cooking time. Serve with extra sauce.



Winemaker Joe Shebl's Zintastic BBQ Sauce

Ingredients

3 Tablespoons olive oil	¼ cup dark brown sugar
6-8 cloves garlic, minced	2 Tablespoons paprika
1 cup ketchup	1 Tablespoon chili powder
¼ cup Zinfandel wine	1 teaspoon cayenne (add more if you like it hot)
¼ cup champagne vinegar	

Directions

1. Heat oil in a sauce pan and sauté garlic until light brown.
2. Add other ingredients and heat until it bubbles, turn back heat and simmer for 1 hour. This reduces the sauce a bit and gives it a dense thickness.

Serve with Renwood Premier Old Vine Zinfandel.



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