

Perfectly Barbecued Chicken Breasts



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A good salt brine keeps the meat juicy and moist, a simple dinner with lots of sophistication.

Ingredients

$\frac{1}{2}$ cup kosher salt

8 cups water

2 pounds, or four 10 oz bone-in skinless breasts cut in half the short way to yield 8 pieces*

2 sprays cooking spray

$\frac{1}{2}$ cup barbecue sauce

Method

1. Whisk the salt into the warm water in a very large bowl until salt dissolves. Allow mixture to cool to room temperature, about 30 minutes.

2. Submerge chicken in cooled brine. Refrigerate 1 hour.

3. Off heat, coat grill with cooking spray. Prepare gas grill for medium-high, indirect cooking (barbecuing) or build a well-ashed, medium-high-heat charcoal bed in a charcoal grill and rake the coals to the sides of the cooking grate.

4. Remove chicken from salt brine; rinse them and pat dry. Place chicken bone-side down on grill grate to the side of any heat source, not directly over the heat. Cover grill and

barbecue 15 minutes.

5. Brush chicken breasts with barbecue sauce, cover grill and continue cooking until an instant-read meat thermometer inserted into the thickest part of one breast registers 165°F, about 15 minutes more (and less for boneless chicken). Transfer chicken to a cutting board and let stand for 5 minutes to reincorporate any juices before serving.

Notes

*We gave you the option of using chicken with or without the bone in this recipe. While both are tasty, chicken cooked on the bone can be even more flavorful and juicy than boneless chicken breasts. The real secret to grilling chicken is keeping it to the side of the heat – that is, barbecuing it so that the natural sugars and proteins slowly break down to create the best flavor.

2 WW Freestyle SmartPoints

Prep

- Prep: 10 Minutes
- Cook: 30 Minutes
- Total Time: 40 Minutes

Source: Weight Watchers (Servings: 8 | Yield: 3 ounces chicken per serving)