



BBQ CHICKEN BREASTS

SERVES
6

PREP TIME
5 MIN

COOK TIME
25 MIN

PELLETS
MESQUITE

INGREDIENTS

**6 BONELESS, SKINLESS
CHICKEN BREASTS**

**1 1/2 CUP TRAEGER
SWEET & HEAT BBQ SAUCE**

AS NEEDED, SALT AND PEPPER

**1 TBSP CHOPPED PARSLEY,
FOR GARNISH**

PREPARATION

Place the chicken breasts and 1 cup of Traeger Sweet & Heat BBQ Sauce in a resealable bag or large bowl, and gently turn to cover chicken evenly in the sauce. Refrigerate for at least 1 hour and up to 24 hours.

When ready to cook, set Traeger temperature to 450° F and preheat, lid closed for 15 minutes.

Remove the chicken from the marinade (discard the marinade) and season with salt and pepper.

Place the chicken directly on the grill grate and cook on one side for 10 minutes. Flip and cook on the other side until the internal temperature reaches 150° F, about another 10 minutes.

Brush the chicken with the remaining 1/2 cup Traeger Sweet & Heat BBQ Sauce and continue cooking until the internal temperature reaches 165° F, another 5 to 10 minutes.

Remove the chicken from grill and let rest 5 minutes before serving. Sprinkle with chopped parsley. Enjoy!