



## Dry Rub BBQ Chicken Breast

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*Makes 4 portions (1 breast per portion)*

### **Ingredients:**

4 each	Chicken Breast – bone-in
½ cup	Water
1/2 cup	BBQ Rub – see recipe
¾ cup	BBQ Sauce – see recipe

### **Directions:**

Trim the chicken of any excess fat.

Rinse and dry the chicken.

Rub the BBQ Rub all over the chicken breast – cover and refrigerate for at least 4 hours.

Place the chicken in a roasting pan – add the water under the breast – cover tightly with foil and place in a pre-heated 300 degree oven.

Allow to cook until the meat is fork tender – remove from the oven and allow to rest for about 10 minutes.

Cost the chicken with ½ of the BBQ sauce and finish cooking in either the oven or on a preheated grill.

Apply the additional BBQ Sauce during the cooking process.