

BBQ Chicken

Nancy Ann Taylor

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*boneless/ skinless chicken
breasts
4 cups water
2 cups white vinegar
2 sticks margarine
2 tablespoons garlic salt
1 tablespoon salt
6 tablespoons
Worcestershire sauce
butter*

In a large saucepan, combine the water, vinegar, margarine, garlic salt, salt and Worcestershire sauce.

Add the chicken. Heat to boiling. Boil for 10 minutes. Remove from the heat.

Place the chicken and sauce in a covered bowl. Place in the refrigerator to soak in the marinade overnight.

Melt some butter before placing the chicken on a preheated grill. Rub the chicken with butter.

Grill the chicken about 20 minutes until cooked, basting with the marinade while grilling.

Serve.

Per Serving (excluding unknown items): 1788 Calories; 182g Fat (87.9% calories from fat); 4g Protein; 53g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 21742mg Sodium. Exchanges: 36 Fat; 3 1/2 Other Carbohydrates.