

Orange-Jalapeno Chicken

Southern Living Best Barbecue Recipes - June 2011

Servings: 5

Preparation Time: 30 minutes

Grill Time: 16 minutes

2 cups orange Juice

3 medium jalapeno peppers, seeded and finely chopped

4 cloves garlic, minced

3 tablespoons orange zest

1 tablespoon olive oil

3 tablespoons maple syrup

1 teaspoon salt

1/2 teaspoon ground ginger

1/2 teaspoon pepper

10 (about 3 pounds) skinned chicken thighs

1/2 teaspoon salt

1/2 teaspoon pepper

In a medium saucepan, stir together the orange juice, jalapeno peppers, garlic, orange zest, olive oil, maple syrup, salt, ginger and pepper. Bring to a boil over medium-high heat.

Reduce the heat to medium. Cook, stirring often, for 15 minutes or until reduced by half.

Preheat the grill to 350 to 400 degrees (medium-high) heat.

Rinse the chicken and pat dry.

Sprinkle the chicken evenly with 1/2 teaspoon of salt and 1/2 teaspoon of pepper.

Reserve one cup of the orange-jalapeno glaze for basting.

Brush the chicken lightly with the remaining glaze.

Grill the chicken, covered with the grill lid, for 8 to 10 minutes on each side or until a meat thermometer inserted into the thickest portion registers 170 degrees. Baste each side with the reserved one cup of the glaze during the last few minutes of grilling.

Per Serving (excluding unknown items): 111 Calories; 3g Fat (23.6% calories from fat); 1g Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 642mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.