
Barbecue Chicken with Honey-Mustard Glaze

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 can (8 ounce) tomato sauce
1/2 cup oil
1/2 cup orange juice
1/4 cup vinegar
1 1/2 teaspoons dried oregano
1 1/2 teaspoons salt
freshly ground pepper
1 clove garlic, minced
1 chicken, cut up
GLAZE
1/4 cup honey
1/2 teaspoon mustard

In a bowl, combine the tomato sauce, oil, juice, vinegar and the spices to make a marinade.

Marinate the halves or pieces of chicken in a shallow dish with the tomato sauce mixture for at least two hours or overnight in the refrigerator. Drain.

Make the glaze: In a bowl, combine the honey and mustard. Set aside until needed.

Grill the chicken over hot coals.

Place on heavy aluminum foil with the corners turned up. Pour the marinade over the chicken.

Bake at 350 degrees for 45 to 50 minutes. A few minutes before serving, brush with the glaze.

Yield: 3 to 4 servings

Per Serving (excluding unknown items): 4586 Calories; 343g Fat (67.6% calories from fat); 263g Protein; 108g Carbohydrate; 5g Dietary Fiber; 1358mg Cholesterol; 5758mg Sodium. Exchanges: 0 Grain(Starch); 36 Lean Meat; 3 Vegetable; 1 Fruit; 46 Fat; 5 Other Carbohydrates.