
Sriracha Barbecue Chicken with Mango Salsa

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Servings: 2

Start to Finish Time: 30 minutes

1 tablespoon Worcestershire sauce

1 tablespoon extra-virgin olive oil

2 tablespoons ketchup

2 tablespoons sriracha sauce

4 (about one pound) skinless/ boneless chicken thighs

2 teaspoons Montreal chicken seasoning

1/2 cup mango (or traditional) salsa

1 package (2 ct, 8.8 ounce) cooked yellow rice (for serving) (optional)

Preheat a grill or grill pan on medium heat.

In a bowl, combine the Worcestershire sauce, ketchup, olive oil and sriracha sauce. Coat the chicken with the seasoning sauce. (Wash hands.)

Place the chicken on the grill. Grill for 5 to 7 minutes on each side or until the chicken is grill-marked and 165 degrees. (Brush with sauce during the last minute of grill time.)

Serve the chicken with the salsa and rice, if desired.

Chicken, Grilled

Per Serving (excluding unknown items): 81 Calories; 7g Fat (72.5% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 251mg Sodium. Exchanges: 1 1/2 Fat; 1/2 Other Carbohydrates.