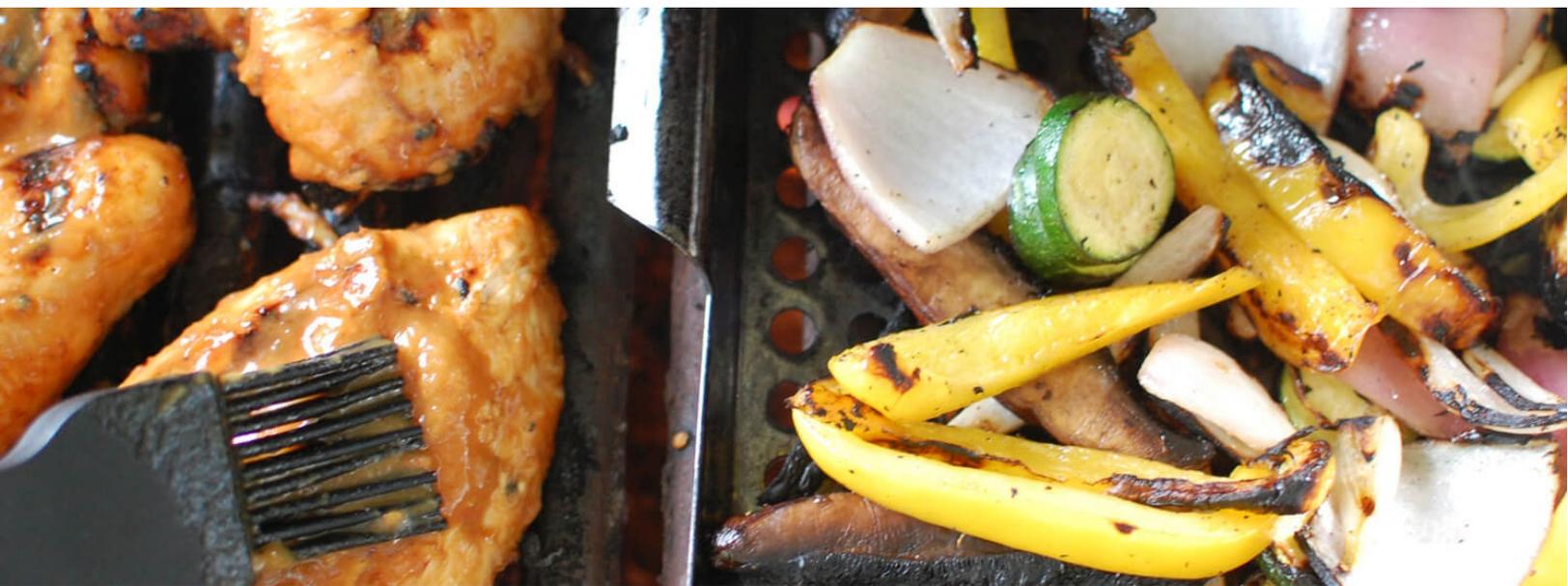


BBQ Chicken with Grilled Balsamic Vegetables

16 ingredients · 1 hour · 4 servings



Directions

1. Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
2. Transfer to blender and blend until smooth. Let cool while you prepare the rest.
3. Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
4. Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
5. Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
6. Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

Notes

No BBQ

Preheat the oven to 350. Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.

Ingredients

1 tbsp	Extra Virgin Olive Oil
1/2 cup	Red Onion (chopped)
3	Garlic (cloves, minced)
2	Tomato (diced)
2 tsps	Tabasco Sauce
1/4 cup	Apple Cider Vinegar
1/4 cup	Yellow Mustard
1/4 cup	Fancy Molasses
2 tbsps	Raw Honey
1/2 tsp	Sea Salt
16 ozs	Chicken Breast
1	Yellow Onion (coarsely chopped)
1	Zucchini (coarsely chopped)
2 cups	Portobello Mushroom (coarsely chopped)
1	Yellow Bell Pepper (coarsely chopped)
1 tbsp	Balsamic Vinegar