

BBQ Dry Rub and Sauce

Diabetic Friendly

THE JAMES
Mobile
Education
Kitchen

Dry Rub

Ingredients:

- 2 Tbsp. Brown Sugar
- 3 Tbsp. Paprika – smoked is preferred
- 1 ½ Tbsp. Black Pepper
- 1 Tbsp. Granulated Garlic
- 1 Tbsp. Onion Powder
- ½ tsp red pepper flakes (optional)
- Kosher salt

Directions:

1. Mix all ingredients until evenly distributed.
2. Sprinkle and rub over approximately 1.5 lbs. of lean meat of choice and coat completely.
 1. We used boneless skinless chicken breasts.
3. Let rest approximately 10 minutes before cooking to allow the rub to soak into the protein.



BBQ Sauce

Ingredients:

- 1/2 cup ketchup (or use 8oz tomato sauce + 1/4 cup tomato paste*)
- 2 Tablespoons brown sugar
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon cider vinegar
- 1 dash hot sauce (I used Tabasco)
- 1 teaspoon each garlic granules or powder and onion powder
- 1/4 teaspoon each salt and mustard powder

Directions:

1. Combine all ingredients in small saucepan over medium heat.
2. Once mixture starts to bubble, keep at a simmer until sauce thickens (this will take longer if you use tomato sauce and paste instead of ketchup).
3. Spray a non-stick griddle/grill pan (or you can use your grill outside!) with non-stick spray. Cook / Grill chicken breasts on one side until chicken easily detaches from the pan when you try to lift it, about 4-6 minutes.
4. Flip chicken to cook other side. Apply ~1 Tablespoon of BBQ sauce to cooked side. Remove chicken from pan/grill when internal temperature is 165 degrees F. Let chicken rest for a couple minutes, then slice and serve.

*This substitution will decrease the Total Carbs

