

**BARBECUE IN A BREEZE**

**SISTERS SOUTHERN SWEET  
BARBECUE CHICKEN**

- 4 chicken breast fillets (boneless & skinless)
- 3 Tbsp **TSG Peppery Herb Rub**
- ½ cup **TSG Sisters Southern Sweet Barbecue Sauce**

Directions for grilling

Lightly brush or spray both sides of chicken with olive oil. Rub Peppery Herb seasoning into chicken. Place chicken on prepared grill. Grill chicken about 6 minutes on each side or until internal temperature reads 170°. Pour ½ cup of TSG BBQ sauce into a custard cup. Brush on both sides of chicken, remove from grill.

Directions for oven baking

Preheat oven to 375°F. Place chicken in baking dish. Rub Peppery Herb Seasoning into chicken. Bake 25 min. or until chicken is cooked through (170°). Brush both sides of chicken with barbecue sauce and return to oven for 2-3 min. Transfer chicken pieces to a platter and serve with additional sauce on the side