

Chicken, Grilled

Grilled Huli Huli Chicken

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Servings: 12

Preparation Time: 15 minutes

Grill Time: 15 minutes

1 cup packed brown sugar
3/4 cup ketchup
3/4 cup reduced-sodium soy sauce
1/3 cup sherry or chicken broth
2 1/2 teaspoons fresh gingerroot, minced
1 1/2 teaspoons garlic, minced
24 (about five pounds) boneless/ skinless chicken thighs

In a small bowl, mix the brown sugar, ketchup, soy sauce, sherry, gingerroot and garlic. Reserve 1 1/3 cups for basting. Cover and refrigerate. Divide the remaining marinade between two large resealable plastic bags.

Add twelve chicken thighs to each bag. Seal the bags and turn to coat. Refrigerate for eight hours or overnight.

Drain and discard the marinade from the chicken.

Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Grill the chicken, covered, over medium heat for 6 to 8 minutes on each side or until no longer pink.

Baste occasionally with the reserved marinade during the last 5 minutes.

Per Serving (excluding unknown items): 95 Calories; trace Fat (0.6% calories from fat); 1g Protein; 24g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 785mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Other Carbohydrates.