

Dan's BBQ Chicken Breasts

6 boneless and skinless chicken breasts

BBQ pork rub

1 lime

Worcestershire sauce

Garlic powder

Brown Sugar

1 cup of your favorite BBQ sauce

Brine chicken in some warm salt water for at least an hour.

Remove and pat dry with paper towels. Sprinkle each side with BBQ pork rub and garlic powder.

Cut lime in half and squeeze the juice on both sides of the chicken. Squeeze one half on one side and the other half for the other side of the chicken.

Sprinkle the top of chicken lightly with brown sugar and then a couple of dashes of Worcestershire sauce.

Let sit 5 minutes.

Place on the grill using the indirect method of cooking.

Cook until chicken is almost done and then coat the top with BBQ sauce. Wait 5 minutes, flip and coat the other side.

I do this routine twice and my chicken is done, juicy and delicious.