Chicken Grand Marnier

Adapted from Hot Barbecue by Hugh Carpenter and Teri Sandison



1 pound chicken thighs

1 pound chicken drumsticks

MARINADE:

3 tablespoons Grand Marnier, or other orange liqueru

2 tablespoons fresh lime juice

1 1/2 tablespoons low sodium soy sauce

1 1/2 tablespoons honey

1 teaspoon chili garlic sauce

1/2 teaspoon salt

1/2 tablespoon orange zest

2 tablespoons fresh ginger, grated

2 tablespoons fresh basil, chopped

1 whole green onion, chopped

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

1. MARINADE: Combine ingredients and pour half of it into a zip type plastic bag. Add the chicken pieces to the bag, seal and refrigerate for 1-8 hours. Reserve remaining marinade in refrigerator.
2. Remove chicken from refrigerator at least 30 minutes ahead of grilling.
3. Preheat grill to medium (350°). Cook chicken about 12 minutes per side, and continue to cook until the internal temperature (dark meat) reaches 160°. Use an instant-read thermometer to determine. Use the remaining marinade to brush on the chicken each time you turn the pieces. If any marinade remains, pour it over the chicken when serving.

Per Serving (excluding unknown items): 387 Calories; 20g Fat (51.1% calories from fat); 31g Protein; 13g Carbohydrate; trace Dietary Fiber; 137mg Cholesterol; 630mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.