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Asian Barbecue Chicken (Cor
bag, add chicken. Seal and mar

Prepare grill.

Remove chicken from bag, res
boil; cook 1 minute.

Place chicken on grill rack coa
and basting frequently with the
desired.

Yield: 4 servings (serving size
2g,mono 2.4g,poly 1.9g); PRO
SODIUM 706mg; FIBER 0.4g
MARCH 2002 



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Raspberry-Barbecue Chicken

Spray cold cooking grate of a gas grill with oil. Place chicken, covered with grill lid, over medium heat for 5 to 7 minutes or until done, brushing Raspberry-Barbecue Sauce every 2 to 3 minutes of grilling. Serve with

Note: For testing purposes only

Yield: Makes 4 servings Southwestern



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Beer-Can Chicken with Cola Barbecue Sauce (*Continued*) Open beer can; drink half. Can prepare chicken, soak wood chips in water 1 hour. Combine salt, sugar, paprika, and pepper.

To prepare grill for indirect grilling, place a disposable aluminum foil pan in center of grill.

Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Inserting fingers, gently pushing between skin and meat.

Rub 2 teaspoons spice mixture under loosened skin. Rub 2 teaspoons spice mixture in beer can (salt will make beer foam). Holding chicken upright with the body cavity facing

Drain wood chips. Place half of wood chips on hot coals. Coat grill rack with cooking spray. Place chicken. Cover and grill 2 hours or until a meat thermometer inserted into meaty portion

Lift chicken slightly using tongs; place spatula under can. Carefully lift chicken and can; use rubber gloves; carefully twist can and remove from cavity. Discard skin and can.

To prepare sauce, combine cola and remaining ingredients in a saucepan; bring to a boil. Simmer

Yield: 6 servings (serving size: 3 ounces chicken and about 2 tablespoons sauce) CALORIES 100; TOTAL FAT 10g; CHOLESTEROL 100mg; CALCIUM 29mg; SODIUM 741mg; FIBER 0.5g; IRON 2.2mg