1 Pound Chicken Legs
2 Cups Grapefruit Juice
1/4 Cup of Oil
2 Tablespoons Brown Sugar
1 Tablespoon Honey
1 Teaspoon Salt
Pinch of Black Pepper

Cutting board
Knife
Baking Pan
Measuring cups
Small Pot
Wooden Spoon
Measuring spoons
Ziplock bag

Recipe found on Food Network

Find more recipes online at: www.gcfb.org/recipes_resources
DIRECTIONS:

1. In a Ziplock bag add 1 cup of grapefruit juice, oil, salt, pepper, chicken and marinate for 30 minutes

2. In a small pot combine 1 cup of grapefruit juice, brown sugar and honey and stir until sugars have dissolved. Place pan on stove and bring to simmer until liquid is reduced and slightly thickened about 8 minutes

3. Heat a grill pan to medium heat and brush lightly with oil

4. Remove chicken from the plastic bag and shaking off any extra marinade

5. Place smooth side down for 5 minutes then flip and cook for another 3 mins until an internal temperature reads 165 degrees Fahrenheit. Brush with sauce and serve

Chef’s Notes:

- Do not marinate chicken longer than 30 minutes in the grapefruit juice, the acid will "cook" the chicken in the marinade

- If you don’t have a grill place in the oven on 350 degrees Fahrenheit and roast for 15-20 minutes

- Substitute with salmon or tilapia in place of chicken

- Serve with steamed veggies, roasted or grilled veggies, or a salad