



## GRAPEFRUIT GRILLED CHICKEN

### MATERIALS:

Cutting board  
Knife  
Baking Pan  
Measuring cups

Small Pot  
Wooden Spoon  
Measuring spoons  
Ziplock bag

### INGREDIENTS:

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

Recipe found on Food Network

Find more recipes online at: [www.gcfb.org/recipes\\_resources](http://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
- 6.

## 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