



## Did Someone Say Barbecue?

**Tip:** I created a BBQ Spice Blend which is versatile enough to be used in both the protein and vegetable components of both recipes.

### Easy Pulled Chicken BBQ

**Servings: 4**

Cooking Time: 35 min

**Ingredients:**

½ Tsp brown sugar (optional)

(4) Grilled Chicken Breasts

1 ½C Low Sodium Chicken Broth

1 Bay Leaf

½ small white onion (thinly sliced)

1 Tbsp \*BBQ Spice Blend: \*Please see attached spice blend for you to make your own

2 Tbsp Low Sodium Tomato Paste

1 tsp dry mustard (1 tsp regular mustard can be used as a substitute as well)

-1/2 Tbsp of Salt (to taste)

**BBQ Spice Blend:** \*This spice blend can be used on chicken, pork, beef, fish, or vegetables.

**Ingredients:**

-2 Tbsp brown sugar

-1 Tbsp Cumin

-1 Tbsp Smoked Paprika

-2 Tbsp Chili Powder

-1 Tbsp Sweet (or Hungarian) Paprika

-1 Tbsp Black Pepper

-1 Tbsp Garlic Powder

-1 Tbsp Onion Powder

-1 Tbsp Dried Oregano

-1/2 tsp Dried Thyme

**Directions:** Place all of your spice ingredients listed above in an airtight container. Close lid tightly and shake vigorously to combine spices.

**Tip:** Don't forget to label your custom BBQ spice blend & date it! Often "premade" spice blends are high in sodium. By making your own "custom blend" you are able to customize the ingredients to meet your dietary needs, as well as your individual taste! Want to make it spicier? Sweeter? You have the control!

**Directions:**

1. In a bowl combine the following ingredients: low sodium chicken broth, bay leaf, sliced small white onion, BBQ spice blend, tomato paste, and mustard, mix until thoroughly combined. This is your barbecue poaching liquid.
2. In a large stock pot place chicken breast at the bottom of the pot in one layer.
3. Pour your barbecue poaching liquid over your chicken.
4. Turn your heat to medium high and bring to a rapid boil.
5. Turn your heat down to a gentle simmer & cover your pot with a lid for approximately 10 minutes.
6. Completely turn off the heat, and allow the chicken to steep in the BBQ poaching liquid for 15min. (**Tip:**\*Steeping allows your chicken to absorb all of the flavor & juiciness of the BBQ liquid without becoming dry.)
7. Remove your chicken from your barbecue poaching liquid. (Reserve the liquid)
8. The chicken is completely cooked when it reaches an internal temperature of 165 degrees Fahrenheit.

**Tip: How to shred chicken 2 Ways:**

- a) Using 2 forks: when your chicken is cool to the touch remove your chicken from your BBQ poaching liquid and place on a cutting board. With one fork in each hand, scrape your chicken until it pulls apart. Continue until all chicken is shredded.
- b) Using a hand mixer: while your chicken is still warm, if the chicken cools this will not work.: \*set your mixer to speed "2" and slowly "beat" the chicken using the paddle attachment for about 20-30 seconds until shredded. (This will happen very quickly, adjust the speed and time as needed).
9. Once your chicken is shredded add it back to the pot which has the barbecue poaching liquid, and reheat for another 2 min. ENJOY!

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## BBQ Spiced Summer Vegetables

**Servings: 4**

Cooking Time: 30min

**Tip: Choose Vegetables and Fruits that are in season! In season fruit and vegetables are typically picked at the height of freshness. They are bursting with flavor, and they are typically.**

### Ingredients:

**(3) Zucchini cut into ½" thick diagonal slices**

**(2) Red peppers (seeds removed) and cut into ½" strips**

**(1) Red Onion (thinly sliced)**

**(2) Bell peppers (seeds removed) and cut into ½" strips**

**(1) clove of garlic (finely minced)**

**2C Cherry Tomatoes**

**1 Tbsp Olive Oil**

**1 Tbsp BBQ Spice Blend**

**2 Tbsp balsamic vinegar**

**1 Tbsp chopped fresh basil**

**1 pinch of salt**

**BBQ Spice Blend:** \*This spice blend can be used on chicken, pork, beef, fish, or vegetables. **(5min)**

### Ingredients:

-2 Tbsp brown sugar

-1 Tbsp Cumin

-1 Tbsp Smoked Paprika

-2 Tbsp Chili Powder

-1 Tbsp Sweet (or Hungarian) Paprika

-1 Tbsp Black Pepper

-1 Tbsp Garlic Powder

-1 Tbsp Onion Powder

-1 Tbsp Dried Oregano

-1/2 tsp Dried Thyme

**Directions:** Place all of your spice ingredients listed above in an airtight container. Close lid tightly and shake vigorously to combine spices.

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**Directions:**

1. Pre heat your oven to 425 degrees Fahrenheit for 10minutes
2. In a large bowl mix all of your vegetables (zucchini, red peppers, red onion, bell pepper, garlic, cherry tomatoes).
3. Add your liquid ingredients (olive oil, balsamic vinegar) and BBQ spice blend. Mix vegetables and ensure vegetables are evenly coated.
4. Roast vegetables for 20 minutes.
5. Remove from the oven add a pinch of salt, fresh chopped basil, and serve. Enjoy!
6. **Tip: \*This recipe can also be adapted to cooking on the grill by quartering (red peppers, green peppers, onions, cook cherry tomatoes on foil to not fall through grill plates for 8-10min.)**

**\*Tips: BBQ Meal Tips**

1. Moisten solid foods with broth, gravy, and sauces which can make chewing easier.
2. Stay away from tougher cuts of meats which coincide with difficulties with chewing.
  - a) If you do choose “tougher” cuts of meat: cut your meat into smaller pieces and “across the grain of the meat.” Cutting across the grain of the meat tenderizes meat since it also cuts many of the bundles of muscle fibers that can’t be seen to the naked eye.
3. Choose Versatile proteins! This “Easy Pulled BBQ chicken can be eaten: alone, as a sandwich on a classic hamburger bun topped with coleslaw (classic BBQ); in a whole wheat tortilla wrap ;over salad; or over whole grains (brown rice, quinoa).
4. Plan ahead! Not sure what will be served at an event?
  - a) You can have a small snack prior to the event to ensure you have eaten something, and won’t be hungry.
  - b) Call ahead! Ask the host or hostess what’s going to be on the menu! This allows you to go to the barbecue (any event) with a food game plan. You’ll have a better idea of what is being served, and what you would like to have on your plate.

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