

## BBQ Chicken with Baked Boniato Chunks, Steamed Corn, Cucumber, Red & Green Grapes

(Use of Tio Jorge® Boniato Chunks)



Servings: 4



Total Time: 55 min.



Level: Intermediate

- ❖ 12 oz. BBQ chicken
- ❖ 8 oz. Tio Jorge® Boniato (no sugar added)
- ❖ Sliced cucumbers
- ❖ Steamed corn
- ❖ Red and Green Grapes

### INGREDIENTS

- 1 lb. boneless skinless chicken breast

- ¼ tsp. Kosher salt
  - a inch of coarse ground black pepper
  - 2 oz. dark brown sugar
  - 1 tsp. chili powder
  - ½ tsp. garlic powder
  - ½ tsp. onion powder
  - ¼ tsp. dry mustard
  - 6 oz. ketchup
  - 2 tbsp. apple cider vinegar
  - 2 tsp. Worcestershire sauce
  - 2 cups of shredded lettuce, Garnish
1. Preheat the oven to 350 degrees.
  2. Add all the ingredients together in a large bowl and toss well together until mixed.
  3. Add the chicken to a sheet pan, then pour the sauce over the chicken breasts.
  4. Cook for 25 -30 minutes or until caramelized, browned and cooked through.
  5. Shred the chicken with the forks and reserve.
  6. If the sauce didn't cook down enough then add the sauce to a saucepan and cook on medium heat until thickened.

### For the Ripe Plantain Slices

- 8 oz TIO JORGE boniato chunks
- Vegetable Oil, as needed for Frying

### Procedure

1. Pre-heat oven to 375°F (190°C).
2. Arrange frozen Boniato Chunks a single layer.
3. Spray with Cooking Spray oil.
4. Bake to a golden brown, approximately for 8-10 minutes.
5. Serve warm.

To Assemble:

- ❖ Place the shredded lettuce on the bottom of your dish and top with the BBQ chicken and 2oz. of the baked Boniato Chunks. Serve with steamed corn, sliced cucumber and red & green grapes.