

Smoky Dry-Rubbed Chicken Thighs

INGREDIENTS

- 1 pound chicken thighs
- ½ cup Italian dressing
- ½ tsp baking powder
- ½ tsp sea salt
- 2 Tbsp olive oil
- 2 Tbsp Head Country Championship Seasoning
- 1 Tbsp chopped parsley



INSTRUCTIONS

1. Combine Italian dressing, baking powder & sea salt and marinate chicken for at least 2 hours.
2. Remove chicken from marinade, brush with olive oil & apply dry rub.
3. Sear chicken on a high heat grill, then cook for approx. 15-20 minutes, flipping chicken every 5 minutes until the internal temperature reaches 165 degrees Fahrenheit. Plate chicken & sprinkle with parsley.



- Raw meat should be kept at or below 40 degrees Fahrenheit & leftover chicken should be promptly refrigerated to prevent bacteria that causes foodborne illness.
- Always cook chicken to an internal temperature of 165 degrees Fahrenheit to destroy Salmonella & Campylobacter bacteria.
- Wash hands & never use the same plate or utensils for the raw & cooked protein to avoid cross contamination.
- Wear a hair net or hat & gloves to prevent contaminating the food.



- Never leave a hot grill unattended.
- Do not use water on a grease fire, instead, use baking soda or coarse salt to smother a grease fire.
- Always have a fire extinguisher & first aid kit available when grilling.
- Loose clothing & open toed shoes should not be worn when grilling.
- If your clothes catch fire, remember to STOP, DROP & ROLL!

