



Smoky Grilled Chicken Tenders

By Chef Veera Gaul, Ph.D.



Ingredients

2 teaspoons O&V [Smoky BBQ mix](#) *
1 ½ tablespoons O&V [Roasted Garlic grapeseed oil](#) *
Additional vegetable oil to grease the grill
1 lb chicken tenderloins
1 large sweet onion, cut into rounds
1 tablespoon lemon juice
Chopped parsley for garnish

Preparation

Toss the chicken tenderloins and onion slices with the Roasted Garlic oil and the Smoky BBQ Spice mix. Leave in the refrigerator for 4-12 hours.

Heat the grill on medium-high. Oil the grill grate using a paper towel doused with vegetable oil and brushed onto the grill with tongs

Grill chicken and onions on a medium hot grill for 6-8 minutes, turning once during that time

Remove to a plate, drizzle with lemon juice and garnish with chopped parsley.

Total Active Time: 20 minutes. Marinade: 8-12 hours

Serves 4

Notes

* The [Oil & Vinegar](#) brand [Smoky BBQ mix](#) from South Africa is a unique and delicious rub. You can use an alternative, but remember that the taste and quality of your rub will make all the difference. Here is a homemade option too. You will have extra spice mix to save for another batch of chicken

2 teaspoons Smoked Paprika
1 ½ teaspoon garlic powder
1 teaspoon red chili flakes or ground chipotle peppers
1 teaspoon dried basil
½ teaspoon brown sugar
½ teaspoon dried lemon powder
Salt and fresh cracked pepper to taste

Mix together and store in an airtight container.

The [Roasted Garlic grapeseed oil](#) adds an extra layer of flavor to the marinade, but a good quality oil and a teaspoon of minced garlic can be used instead.

Categories: Entrees, Poultry, Gluten-Free, Dairy-Free, Smoked Paprika, Smoky BBQ Spice, Roasted Garlic Grapeseed Oil, Mediterranean Diet, Chicken, Grilled, Rub, Onion, Easy, Tailgate, Grilled Chicken, Lemon juice, Parsley