



How to Grill Chicken



Cut chicken so pieces are uniform thickness. Otherwise the thinner parts will cook quicker and get dry. If pieces aren't uniform thickness, place thicker parts over hotter parts of the grill.

Preheat grill on high for a few minutes. Grease grill rack. Turn grill to medium heat. (Cook on medium so the chicken has a chance to cook all the way through to the middle without charring the edges.) Place chicken on grill rack. Cook chicken 3-4 minutes. As soon as edges start turning from translucent to opaque, turn chicken. Chicken tenders will be done after cooking 3-4 minutes each side. Chicken breasts need to cook 3-4 minutes each side, twice. Watch closely as chicken cooks fast. Cook only until inside is no longer pink and juices run clear (but no longer or chicken will be dry).