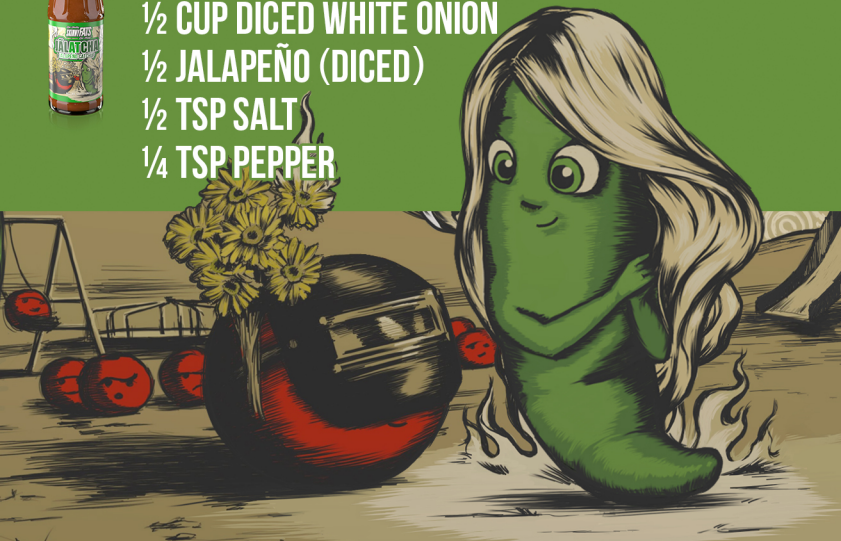


*Live Healthy*  
**SKINNYFATS**  
*Live Happy*  
**JĀLATCHA**  
**BBQ CHICKEN**

## Ingredients To Spice Things Up:



- 5 LBS CHICKEN THIGHS
- HALF BOTTLE OF JĀLATCHA® CATCHUP
- ½ CUP DICED WHITE ONION
- ½ JALAPEÑO (DICED)
- ½ TSP SALT
- ¼ TSP PEPPER



# How To Make

the company  
**SKINNYFATS**  
the brand  
**AMAZING CATCHUP**  
& OTHER MIND BLOWING  
SAUCES

- 1) Add ALL ingredients into sealable bag
- 2) Coat chicken thoroughly
- 3) Let marinate for at least 1 hour
- 4) Preheat gas grill to 350 degrees\*
- 5) Grill each side for 3 to 5 minutes
- 6) Turn heat to low, cook for an additional 35 to 40 minutes or until internal temp reaches 165 degrees

\*For charcoal, grill on second rack or coolest area  
Pairs well with seasoned rice and black beans

