

## Perfect Grilled BBQ Chicken Breasts: Juicy & Flavorful Every Time

I absolutely love grilling BBQ chicken breasts because they are the epitome of



**OVEN**  
**450°F**

**TIME**  
**30 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

4 boneless, skinless chicken breasts (about 1.5 - 2 pounds total)  
1 tablespoon olive oil  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon smoked paprika  
Salt and freshly ground black pepper to taste  
1 cup BBQ sauce (your favorite brand)

### DIRECTIONS

- 1. Prepare : Chicken Breasts:** Pat the chicken breasts thoroughly dry with paper towels. If your chicken breasts are very thick (over 1 inch at their thickest point), you might want to pound them lightly to an even 3/4-inch thickness using a meat mallet or rolling pin. This ensures even cooking.
- 2. Season : Chicken:** In a medium bowl, drizzle the chicken breasts with olive oil. Sprinkle evenly with garlic powder, onion powder, smoked paprika, salt, and black pepper. Rub the seasonings into the chicken to ensure it's well coated.
- 3. Preheat : Grill:** Preheat your grill to medium-high heat (about 400-450°F or 200-230°C). Clean the grill grates thoroughly with a wire brush, then lightly oil the grates to prevent sticking.
- 4. Grill : Chicken (Initial Cook):** Place the seasoned chicken breasts on the hot grill. Close the lid and cook for 5-7 minutes per side, or until internal temperature reaches about 155-160°F (68-71°C) when measured with an instant-read thermometer. The chicken should have nice grill marks and be mostly cooked through.
- 5. Apply BBQ : Sauce:** Generously brush one side of the chicken breasts with BBQ sauce. Close the lid and cook for 2-3 minutes to allow the sauce to caramelize slightly.
- 6. Flip & : Sauce Again:** Flip the chicken breasts, and generously brush the other side with BBQ sauce. Close the lid and cook for another 2-3 minutes, or until the sauce is bubbly and caramelized, and the internal temperature of the thickest part of the chicken reaches 165°F (74°C).

7. **Rest & Serve:** Remove the chicken from the grill and transfer to a clean cutting board or platter. Tent loosely with foil and let rest for 5-10 minutes. This resting period allows the juices to redistribute, ensuring juicy chicken. Slice or serve whole.

## SWAPS & NOTES

**BBQ Sauce:** Use a BBQ sauce you absolutely love!

Whether it's sweet, tangy, smoky, or spicy, the sauce is key to the flavor.

**Seasoning:** Feel free to adjust the dry seasonings to your preference.

A touch of cayenne for heat, or some dried oregano, could also be nice.

## TIPS FOR SUCCESS

**Pound for Evenness:** Pounding chicken breasts to an even thickness is the single best tip for preventing dry spots and ensuring they cook uniformly.

**Don't Overcook:** Chicken breasts dry out easily.

Use an instant-read thermometer to check for doneness.

As soon as it hits 165°F (74°C), pull it off the grill.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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