

## Sticky Chicken Recipe That's Sweet, Tangy, and Perfect for Busy Nights

3 tablespoons dark brown sugar



**TIME**  
**20 to 30 min**

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### INGREDIENTS

- 4 boneless chicken breasts
- 1/2 cup ketchup
- 3 tablespoons dark brown sugar
- 2 tablespoons vinegar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons dry mustard

### DIRECTIONS

1. Place the chicken breasts in a large mixing bowl.
2. In a separate smaller bowl, combine the ketchup, dark brown sugar, vinegar, Worcestershire sauce, and dry mustard. Stir until smooth and well blended.
3. Pour the sauce over the chicken and toss to coat evenly. Let it marinate briefly if desired.
4. Preheat your grill or oven.
5. If baking, place the chicken in a baking dish and pour any extra sauce over the top. Bake until the chicken is cooked through and the sauce is bubbling and sticky.
6. If grilling, cook the chicken over medium heat, brushing with extra sauce as needed, until fully cooked and nicely glazed.
7. Let the chicken rest for a few minutes before serving.

### SWAPS & NOTES

Chicken breasts work great here because they cook quickly and soak up the sticky sauce well, but chicken legs are an excellent option if you prefer darker meat.

They tend to stay especially juicy and are perfect for grilling.

Dark brown sugar gives the sauce a deeper, richer sweetness than light brown sugar, though either will work if that is what you have on hand.

The vinegar helps balance the sweetness, so do not skip it.

### TIPS FOR SUCCESS

Do not cook the chicken over heat that is too high, especially on the grill.

Because the sauce contains sugar, it can darken quickly.

Medium heat gives it time to become sticky without burning.

If you are using thicker chicken breasts, pounding them to a more even thickness can help them cook more evenly and keep the texture tender.

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