

# delicious dish

Carolina BBQ  
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Chicken - Carolina	4 boneless skinless chicken breasts or 1 bone-in whole chicken, cut in 8ths  garlic	prepared mustard (yellow) apple cider vinegar maple syrup dry mustard chili powder granulated onion low sodium tamari white pepper chipotle chili powder or cayenne	small pot grill	
Cabbage Salad	Round curly cabbage Purple cabbage 2 carrots 1-2 peppers, I use red, orange or yellow 1 Fresh flat leaf parsley leaves or cilantro leaves 2 bunches green onions ¼ cup orange juice or 1 orange 1 avocado	½ cup dried cherries or cranberries rice vinegar light olive oil or grapeseed or sunflower oil honey dijon mustard	food processor or not blender	Cook edemame beans in boiling water