

## Grilled BaconWrapped Chicken Tenders

Oscar · 29/09/2024



### Prep Time

35 mins

### Difficult

Medium

### Servings

4

### Description

The perfect marriage of smoky and sweet flavors is what you'll get when you use the outdoor grill to cook up these chicken tenders. I like to use centercut bacon since it is leaner and less likely to cause flareups. I find cutting the bacon lengthwise and then using the thin strips to wrap the chicken is much easier than trying to wrap using a wide strip. Use your favorite BBQ rub on the chicken.

### Ingredients

- 8 chicken tenders - 1 tablespoon BBQ rub (such as McCormick®) - 8 slices center-cut bacon
- cut in half lengthwise - 2 tablespoons honey - 1 teaspoon water

### Instructions

1. Preheat an outdoor grill for medium heat and lightly oil the grate. Season chicken tenders with BBQ rub. Wrap each tender with 2 thin strips of bacon.
2. tucking in the ends to secure. Mix together honey and water in a small bowl. Set aside. Place chicken tenders on the preheated grill and reduce heat to medium-low. Close lid and grill tenders.
3. turning every 2 to 3 minutes.
4. until bacon is browned and chicken has reached an internal temperature of 165 degrees Fahrenheit (73 degrees C).
5. 12 to 14 minutes. For crispier bacon.
6. increase heat during the last 2 minutes of cooking. Move tenders to indirect heat and brush with honey mixture. Transfer to a plate and serve.