

Barbecue Chicken Dinner Recipe Video Descriptive Transcript

[Upbeat background music]

A smiling young child has his arms draped around the neck and shoulders of his father, who is sitting on a light brown leather couch. The father is lovingly looking at and smiling back at the child. A speech bubble swipes in from the left of the screen under the child's face with the text "What's for dinner?" Another speech bubble swipes in from the right next to the father with the text "How's barbecue sound?"

The Kaiser Permanente Center for Healthy Living logo appears in the top center of the screen. Below it is a search box with typing animation of the text "Healthy recipes for the family."

A plate of barbecue chicken with sweet potatoes and okra next to a white cloth napkin and silver fork and knife appear on the screen. In the middle of the screen over the plate are the words "Barbecue Chicken Dinner."

The words "Gather the ingredients" appear in the middle of the screen. The scene in the background shows a bowl of okra on top of a blue and white plaid napkin; small cups of paprika and cayenne pepper; small cups of salt and black pepper; a cutting board holding two sweet potatoes, a small cup of chili powder, and a small glass of olive oil; a cup of barbecue sauce and a small cup of honey; two garlic cloves; and a sheet pan of uncooked bone-in chicken thighs.

A yellow rectangle appears around the sheet pan of uncooked bone-in chicken thighs. On the left of the screen are the words "Healthy Protein: Chicken Thighs."

A yellow rectangle appears around the cutting board with sweet potatoes, chili powder, and olive oil. To the right of this image are the words "Whole Grains & Starchy Vegetables: Sweet Potatoes."

A yellow circle appears around the bowl of okra. To the right are the words "Nonstarchy Vegetables & Fruits: Okra."

Yellow circles appear around the glass of barbecue sauce, two garlic gloves, and cup of honey. To the left are the words "Fats & Flavorings: Barbecue Sauce, Garlic, Honey."

Yellow circles appear around the small cups of chili powder, salt, pepper, paprika, olive oil, and cayenne pepper. To the right are the words "Fats & Flavorings: Chili Powder, Salt & Pepper, Paprika, Olive Oil, Cayenne Pepper (optional)."

The words "The Healthy Plate Method" appear in the middle of the screen as the barbecue chicken dinner plate and healthy plate graphic images pan in from the right. The healthy plate graphic divides the plate into four sections: ¼ plate in purple, ¼ plate in orange, a little over half the plate in green, and the rest in red.

A yellow triangle appears around the barbecue chicken thigh on the dinner plate image and around the purple section of the healthy plate graphic. The words "1/4 plate" appear at the top of the screen and the words "Healthy Protein" appear at the bottom.

A triangle appears around the sweet potato slices on the dinner plate image and around the orange section of the healthy plate graphic. The words “1/4 plate” appear at the top of the screen and the words “Whole Grains & Starchy Vegetables” appear at the bottom.

A half circle appears around the okra pieces on the dinner plate and around the green and red section of the healthy plate graphic. The words “1/2 plate” appear at the bottom of the screen and the words “Nonstarchy Vegetables & Fruits” appear at the top.

The dinner plate and healthy plate graphic both appear with a yellow circle around each and yellow lines drawn to divide each section. The words “The Healthy Plate” appear at the bottom of the screen.

A plate of barbecue chicken with sweet potatoes and okra next to a white cloth napkin and silver fork and knife appears on the screen. In the middle of the screen over the plate are the words “Let’s Get Cooking.”

The words “Cut sweet potatoes & okra” appear on the screen. The scene in the background shows a bowl of okra on top of a blue and white plaid napkin; small cups of paprika and cayenne pepper; small cups of salt and black pepper; a cutting board holding two sweet potatoes, a small cup of chili powder, and a small glass of olive oil; a cup of barbecue sauce and a small cup of honey; two garlic cloves; and a sheet pan of uncooked bone-in chicken thighs. The scene updates to show the okra and sweet potato cut up.

The next scene shows an empty white bowl surrounded by ingredients, including a whisk on the left; a glass of barbecue sauce, a cup of honey, and a dish of minced garlic above; and part of the sheet pan of bone-in chicken thighs to the right.

Honey appears in the white bowl with the words “Mix honey” in the middle. The cup that contained the honey is now empty.

Barbecue sauce appears in the white bowl with the words “Barbecue sauce” in the middle. The glass that contained the barbecue sauce is now empty.

Minced garlic appears on top of the barbecue sauce in the white bowl with the words “Garlic” in the middle. The dish containing the minced garlic is now empty.

A whisk appears in the white bowl with the word “Whisk” in the middle. The whisk moves in a circle mixing the honey, barbecue sauce, and minced garlic together.

The next scene shows a sheet pan with the words “Sweet potatoes” in the middle. A blue and white plaid napkin is to the left of the sheet pan and a cutting board with sweet potato slices is to the right. The cutting board is surrounded by small cups of chili powder, salt, pepper, and a small glass of olive oil. The sweet potato slices shift from the cutting board to the sheet pan.

The word “Drizzle” appears over the sheet pan of sweet potatoes, now drizzled with olive oil. The words “olive oil” appear over the cutting board.

The word “Sprinkle” appears over the sheet pan of sweet potatoes and oil, now sprinkled with chili powder. The words “chili powder” appear over the cutting board. The cup of chili powder is now empty.

The word “Sprinkle” appears over the sheet pan of seasoned sweet potatoes. The words “salt & pepper” appear over the cutting board.

The words “Toss to combine” move in from the right and hover over the sheet pan on the left as the sweet potatoes and seasonings move around the pan to mix.

The next scene shows the sheet pan with the seasoned sweet potato slices and the word “Chicken” over it. To the right is another sheet pan with 6 raw bone-in chicken thighs and two small cups of salt and pepper.

The words “Salt & pepper” appear over the sheet pan of sweet potatoes. Salt and pepper appear sprinkled on the bone-in chicken thighs.

The sweet potatoes are pushed to the top half of the sheet pan on the left. The chicken thighs shift from the sheet pan on the right to the bottom half of the sheet pan with the sweet potatoes.

The words “Add barbecue sauce” appear over the sheet pan of chicken and sweet potatoes. To the right is a white bowl with barbecue sauce. A spoon is on the table above the bowl.

The spoon moves into the bowl of barbecue sauce and turns in a circular motion. At the same time barbecue sauce appears on top of the chicken thighs until they are covered in sauce.

The words “Bake 425°F 30–40 minutes” appear over the sheet pan of prepared sweet potato slices and chicken thighs next to the emptied bowl of barbecue sauce.

The next scene shows a sheet pan with okra. A blue and white plaid napkin is to the left of the pan. The word “Okra” is over the sheet pan. To the right of the sheet pan is an empty white bowl; small cups of paprika, salt, and cayenne pepper; and a small glass jar of olive oil.

The words “Drizzle olive oil” appear over the sheet pan of okra. Olive oil appears over the okra.

The words “Sprinkle paprika” appear over the sheet pan of okra. Paprika appears over the okra.

The word “salt” appears over the sheet pan of okra.

The words “Toss to combine” move in from the right of the screen. The okra moves around on the pan in a mixing motion.

The words “Bake 450°F 15 minutes” appear over the sheet pan of okra.

The next scene shows the sheet pan of baked okra to the left. The sheet pan of baked sweet potatoes and chicken thighs is to the right. The words “Dinner is ready” pan in from the right to the left side of the screen and hover over the sheet pan of baked okra.

The final plate of baked barbecue chicken, okra, and sweet potatoes appears on the screen with a white cloth napkin and a silver fork and knife to the left of the plate.

The Kaiser Permanente Center for Healthy Living logo appears in the middle of the screen.

The words “Find more recipes and wellness tools at kp.org/centerforhealthyliving” pan in from the left side of the screen. At the same time, the Kaiser Permanente Center for Healthy Living logo drops down into the right corner of the screen.

[Music stops]