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MAPLE-GLAZED BARBECUED CHICKEN

Intermediate Lifestyle

Ingredients

- 1 onion, roughly chopped
- 1 cup ketchup
- 1/4 cup Worcestershire sauce
- 1 TSP Dijon mustard
- 1 TSP hot sauce
- 1/2 cup cider vinegar
- 1/2 cup sugar-free maple syrup (Vermont or any brand)
- 6 boneless, skinless chicken breasts (5 to 6 oz.)

Instructions

1. To make the barbecue sauce, place all the ingredients except the chicken in a blender or food processor. Blend until thoroughly combined.
2. Marinate the chicken in half of the sauce while you preheat the grill to medium-high.
3. Remove the chicken from the marinade and place it on the hot grill. Brush the chicken occasionally with the remaining half of the sauce. (Discard the excess sauce in which the raw chicken was marinating.) Grill the chicken for about 4 to 6 minutes on each side, until it is cooked through.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 chicken breast = 1 P, 1/2 FT