



Weekly Recipe Challenge



Sweet & Savory Grilled Chicken *(courtesy of EatingWell)*

This sweet and savory rub for grilled chicken relies on ingredients you most likely have on hand already—brown sugar, dry mustard and onion powder—making it a quick recipe for a night when you're not sure what you're making for dinner.

4 servings (0 Carbohydrate Serving) | **Active Time:** 5 minutes |

Total Time: 25 minutes



Note: It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers. If you can only find chicken breasts closer to 8- to 9-ounce each, you'll only need 2 breasts for 4 servings—cut each one in half before cooking.

Ingredients

- 2 teaspoons light brown sugar
- 2 teaspoons dry mustard
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon white pepper or freshly ground black pepper
- 1-1 1/4 pounds boneless, skinless chicken breast (see Note)

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.



Instructions

1. Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack (see Tip). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.



Nutritional Information *(per serving)* Exchanges: 3 lean meat

- **Calories** 140
- **Carbohydrates** 3g (Fiber 0g)
- **Cholesterol** 63mg
- **Fat** 3g (1 Saturated Fat; 1g Monounsaturated)
- **Sodium** 196mg
- **Potassium** 198mg
- **Protein** 23