



# 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