



Apple-Glazed Barbecued Chicken



Makes 4 servings

one can (six ounce)
one tablespoon
one teaspoon
six
one-eighth teaspoon
two tablespoons
one quarter cup

frozen apple juice concentrate, thawed
cider vinegar
dried thyme
chicken breast halves, boneless and skinless (four ounces each)
hot-pepper sauce
packed brown sugar
reduced-sodium ketchup

1. In a small saucepan, combine the apple juice concentrate, ketchup, brown sugar, vinegar, thyme and hot-pepper sauce.
2. Cook, stirring over medium heat until the sugar completely dissolves. Remove from heat and cool to room temperature.
3. Place the chicken in a single layer in a 13 x 9-inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours.
4. Coat a grill rack with nonstick spray. Light the grill according to the manufacturer's directions. Check the temperature for grilling; the temperature should be medium-hot. Place the rack on the grill.
5. Remove the chicken from the ketchup mixture; discard whatever ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick spray and brush them with some of the remaining ketchup mixture.
6. Place the chicken on the rack and grill, uncovered, for 8 minutes. Turn the chicken over and brush with the remaining ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture.

Nutrition Information Per Serving

Calories: 159

Calories from fat: 11

Taken from: <http://www.applesforhealth.com/HealthyEntrees/apgzbc2.html>