

BBQ Chicken Breasts with Apricot Glaze

Number of Servings 4

Ingredients

- 4 chicken breasts (about 1 1/2 lbs.)?skin on and bone in
- 1/3 cup apricot preserves (no sugar added)
- 1 tablespoon soy sauce
- 1 tablespoon water
- 2 tablespoon plus 2 teaspoon ketchup
- 2 teaspoon brown sugar or substitute

Instructions

Preheat grill to medium. Grill chicken (skin on) 10 minutes, turning occasionally. Remove from grill and remove skin. In small bowl, combine preserves, soy sauce, water, ketchup and brown sugar; blend well. Return chicken to grill; generously brush with glaze. Continue cooking 10 to 15 minutes or until thoroughly done, turning often and brushing with glaze frequently. Serve each with 1 cup mashed potatoes and 1 cup seasoned green beans.

Nutrition Information

323 Calories; 13g Fat (38.2% calories from fat); 31g Protein; 18g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 473mg Sodium.