

North Carolina BBQ Chicken

Ingredients

- 2 lb boneless skinless chicken breasts
- 3/4 cup packed light brown sugar (or use Splenda)
- 3/4 cup yellow mustard
- 1/2 cup cider vinegar
- 1/4 cup hot pepper sauce
- 2 tbsp vegetable oil
- 2 tbsp sauce, worcestershire, low sodium
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions

1. Mix together 1/2 cup of the brown sugar, the mustard, vinegar, pepper sauce, oil, Worcestershire, salt, and pepper.
2. Pour one cup of the mixture in a resealable plastic bag with the chicken and seal the bag (remove the air). Let the chicken marinate in the refrigerator for at least an hour.
3. In a small saucepan, bring the rest of the mixture and the sugar to a boil, then let simmer for about 5 minutes (until the mixture gets thicker).
4. Grill the chicken on a preheated and pre-oiled grill for 10-15 minutes.

Makes 8 servings.

Nutrition Facts:

Calories 251
Total Fat 5.1g
Total Carbohydrates 20.8g
Dietary Fiber 0g
Protein 29.8g

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