

BLUEBERRY BARBECUED CHICKEN

6 SERVINGS

INGREDIENTS	MEASURE	DIRECTIONS
Boneless, Skinless Chicken Breasts	6 (6-ounce)	<ol style="list-style-type: none"> 1. Prepare and heat grill 2. On a stove, heat a medium saucepan to medium-high heat. Add olive oil and sauté onion for 2 minutes, or until translucent. Add blueberries, ketchup, balsamic vinegar, brown sugar and salt. Stir well. Bring to a simmer and cook, stirring occasionally, for 4 minutes. 3. Use an immersion blender (or transfer to a blender) to blend until smooth. Transfer ½ cup of sauce to one bowl and reserve for serving. Transfer remaining sauce to a second bowl for grilling. 4. Pound chicken breasts to flatten to ½-inch thickness. Place flattened chicken breasts on prepared grill. Cook for 5 minutes on one side, turn and grill another 5 minutes. 5. Spread blueberry barbecue sauce evenly over chicken; grill 1 minute. 6. Turn chicken and spoon larger portion of sauce evenly over other side; grill 1 minute longer. Chicken is cooked when internal temperature reaches 165°F. 7. Serve with reserved ½ cup blueberry barbecue sauce.
Diced Onion	½ cup	
Olive Oil	1 tbsp	
Frozen Wild Blueberries	2 cups	
Ketchup	¼ cup	
Balsamic Vinegar	¼ cup	
Brown Sugar	¼ cup	
Salt	½ tsp	
Cayenne Pepper	to taste	

NUTRITION ANALYSIS

SERVING SIZE: 1 Chicken Breast

292	Calories	1	Fiber (g)	18	Sugars (g)
35	Protein (g)	1	Saturated Fat (g)	397	Potassium (mg)
6	Total Fat (g)	94	Cholesterol (mg)	267	Phosphorus (mg)
385	Sodium (mg)	22	Carbohydrates (g)		