

Grilled Chicken Breasts with Belize Barbecue Sauce

Adapted from a cooking class at The Golden Truffle, Costa Mesa, California (about 1985)



8 boneless skinless chicken breast halves
minced cilantro or chopped fennel fronds for garnish

BBQ SAUCE:

3/4 cup chili sauce, jarred
1/4 cup fresh lemon juice
2 tablespoons fresh lime juice
1 tablespoon light brown sugar
2 tablespoons soy sauce
1 large garlic clove, crushed
2 teaspoons chipotle chile canned in adobo
2 tablespoons coarse grain mustard
1/2 teaspoon salt
2 tablespoons Worcestershire sauce
2 tablespoons balsamic vinegar

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

If you happen to have an orange on hand, you can zest it and add the juice to the sauce.

1. Combine the BBQ sauce ingredients in a small saucepan. Bring to a simmer and cook for about 20 minutes. Stir frequently and don't allow it to burn.
2. Remove from heat and allow to cool to room temperature.
3. Pound the chicken breasts to an even thickness between two pieces of plastic wrap.
4. Combine in a plastic bag about 3/4 of the batch of sauce. Add chicken and squish it around so all sides of the chicken breasts are covered in sauce. Refrigerate up to 5 hours.
5. Heat an indoor stovetop grill to medium heat. Slather some vegetable oil on the grill (or you may barbecue the chicken on an outdoor grill if you'd prefer) and add the chicken breasts. Turn to grill on both sides and cook for about 2-4 minutes per side, or until chicken is tender and no longer pink inside. Test the chicken - cut into a thick part and make sure it's just cooked through. Serve chicken with the remaining sauce on the side so each serving has a bit more. Sprinkle top with some minced cilantro or fennel fronds, if desired.

Per Serving (excluding unknown items): 152 Calories; 2g Fat (10.9% calories from fat); 28g Protein; 5g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 565mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.