

**Fall Grill! Barbecued Chicken Breasts & Colorful Tossed Salad** ~ choose one side item to complete your meal

**Barbecued Chicken Breasts**

4 servings

- 1 lb Chicken breasts, split, skin removed
- ¼ cup Onions, chopped
- ½ cup Vinegar
- ½ cup Water
- ¼ cup Tomato paste, no added salt
- 2 Tbsp Ketchup
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Brown sugar, packed
- 1 tsp Yellow mustard
- ¼ tsp Ground cayenne pepper (optional)



Remove skin from chicken and set aside. Combine all other ingredients in a small saucepan. Turn to medium high heat and simmer for 15-20 min. Allow sauce to cool for 5-10 min. Place chicken into a non-metal pan or bowl and brush it generously with sauce. Heat outdoor grill to medium heat. Place chicken on grill, brush again with sauce and close cover. Grill for about 20 min, turning every 4-5 minutes and brushing again with sauce. Test the doneness with a meat thermometer: 170 degrees is done. Do not overcook.

- Fresh split chicken breasts on sale**
- Fresh sweet onions on sale**
- Bagged salad on sale**
- Fresh tomatoes on sale**

- Fresh yellow and red Bell peppers on sale**
- Fresh mushrooms on sale**
- Olive oil on sale**

**Chicken Recipe Nutrition per serving**

170 calories; 24 gm protein; 10 gm carbohydrate; 3 gm total fat; 1 gm saturated fat; 0 trans fat; 63 mg cholesterol; 1 gm fiber; 216 sodium

**To Make Colorful Tossed Salad:** Place about one cup of bagged salad greens on each salad plate. Top with washed and cut-up tomatoes, colorful Bell peppers, and mushrooms. Dress with olive oil and vinegar or light salad dressing.

**Side Items:**

- 1. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.  
**To Make:** Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.
- 2. Lemony Cauliflower or Broccoli** – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.  
**To Make:** Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.
- 3. Grilled Sweet Potato Chunks** – Affordable, staple ingredient: Fresh sweet potatoes.  
**To Make:** Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

*Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.*