



Grilled Chicken with Maple-Pecan Glaze

Serves 4

Ingredients:

- 2 Tbsp apple cider vinegar
- 2 Tbsp sugar
- ¼ cup maple syrup
- 2 Tbsp diced pecans, toasted
- Salt and freshly cracked pepper
- 4 skinless, boneless chicken breasts, 3 to 4 oz. each
- 2 Tbsp Extra virgin olive oil

For the maple glaze:

1. In a small saucepan, heat the cider vinegar and sugar over medium heat until the mixture boils and the sugar dissolves.
2. Add the maple syrup and bring it to a boil.
3. Lower the heat and simmer for 1 to 2 minutes to thicken. Remove from heat and stir in the toasted pecans.

For the grilled chicken:

1. Preheat the grill to medium-high.
2. Sprinkle the chicken breasts with salt and pepper and drizzle with olive oil.
3. Place the chicken on the grill and cook for about 5 to 6 minutes per side, internal temperature should be 160 degree's.
4. Place the chicken on a serving platter and brush it with the maple-pecan glaze.

Serving Size: 1, 4 ounce chicken breast	
Calories	262
Protein	26.5 g
Carbohydrate	21 g
Total Fat	7.5 g
Saturated Fat	1 g
Monounsaturated Fat	4.5 g
Cholesterol	65.5 mg
Sodium	366 mg
Fiber	0 g
Potassium	345.5 mg
Calcium	28 mg

Diabetic Exchanges	
Protein	3.75
Fat	1.5
Carbohydrates	1.5