



Sweet and Savory Grilled Chicken

Serves 5

2 teaspoons light brown sugar
2 teaspoons dry mustard
1 teaspoon onion powder
1/2 teaspoon kosher salt
1/4 teaspoon white pepper or freshly ground black pepper
1-1 1/4 pounds boneless, skinless chicken breast (see Cooking Tips)

Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl. Coat both sides of the chicken with the rub up to 30 minutes before grilling or broiling. Preheat the grill to medium-high or position a rack in upper third of the oven and preheat the broiler.

To grill: Oil the grill rack (see Cooking Tips). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

To broil: Line a broiler pan (or baking sheet) with foil and coat it with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

To Make Ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

Cook's Tips: It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast — the chicken tender — removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers. If you can only find chicken breasts closer to 8- to 9-ounces each, you'll only need 2 breasts for 4 servings — cut each one in half before cooking.

Oiling a grill rack before you grill foods helps ensure the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

Nutritional Analysis

Calories 140

Fat 3 g

 Saturated Fat 1 g

 Monounsaturated Fat 1 g

Cholesterol 63 mg

Sodium 196 mg

Carbohydrates 3 g

 Sugars 2 g

Protein 23 g

Potassium 198 mg

Diabetic Exchanges: 3 Lean meat