

Caramel Hickory Chicken

Publix Aprons

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*1 3/4 pounds boneless/ skinless
chicken breasts*

1/2 teaspoon Kosher salt

1/4 teaspoon pepper

1 tablespoon canola oil

1/2 cup caramel-flavor topping

1/3 cup hickory barbecue sauce

1/4 cup rice vinegar

1/2 teaspoon crushed red pepper

Preheat a grill pan or grill on medium-high for 2 to 3 minutes.

Season the chicken with salt and pepper. Drizzle with oil (Wash hands.). Add the chicken to the grill pan. Cook for 3 to 4 minutes on each side or until browned.

Reduce the heat to medium. Cover (with a lid or loosely with foil). Cook for 4 to 5 more minutes on each side and until the chicken is 165 degrees.

In a bowl, whisk the caramel topping, barbecue sauce, vinegar and red pepper until smooth.

Brush the sauce over the chicken. Cook for 1 minute on each side to glaze the chicken.

Remove the chicken from the grill pan. Brush the chicken with additional sauce.

Slice the chicken. Serve with the remaining sauce on the side.

Per Serving (excluding unknown items): 130 Calories; 14g Fat (88.5% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 941mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fat; 0 Other Carbohydrates.