

Grilled Chicken Breast Glazed with Pepper Jam and BBQ Sauce (serves 3-4)

- 1/4 cup low sodium soy sauce
- 2 tablespoons Pam's Pepper Jam
- 2 tablespoons chili sauce
- 1 tablespoon honey
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon or honey mustard
- 3-4 boneless skinless chicken breasts



Directions:

Mix all ingredients except chicken in microwave safe dish.

Microwave on high for 90 seconds.

Whisk to combine.

Reserve 1/4 cup of mixture for basting chicken while grilling.

Put chicken and marinade in Ziploc bag.

Marinate chicken in fridge for 30 minutes.

As chicken marinates heat grill over medium high heat.

Lightly oil grates.

Remove chicken from marinade and place on hot grill. Discard marinade.

Grill chicken approximately 10 minutes per side, basting with reserve glaze, until internal temperature reaches 160 degrees.

Remove and let stand 5 minutes before cutting.

Serve with rice, corn and remaining glaze. Enjoy!