



Southern BBQ Chicken

Info:

Makes 4 Servings 145 Calories per Serving

LOW CAL **SPICY**

Ingredients:



- ❖ 1 lb Chicken Breast (4 equal pieces)
- ❖ 2 tsp Chili Powder
- ❖ 4 Tbsp Barbecue Sauce
- ❖ 2 oz Balsamic Vinegar
- ❖ Cooking Spray

Preparation:



1. Mix vinegar, barbecue sauce and chili powder in a large Ziploc bag
2. Place chicken breasts in the bag, coating both sides and marinate in refrigerator about 1 hour (keep marinade for later use)
3. Preheat nonstick skillet to medium-high and lightly coat with cooking spray
4. Brown both sides of the chicken then add leftover marinade
5. Bring to a boil, cover and reduce heat to simmer for about 5 minutes or until cooked through