

## Grilled Citrus Chicken

### Ingredients:

6 boneless skinless chicken breasts halves (1½ lbs)  
1/2 c packed brown sugar  
1/4 c cider vinegar  
3 tbsp lemon juice  
3 tbsp lime juice  
3 tbsp Dijon mustard  
3/4 tsp garlic powder  
1/4 tsp pepper

### **Directions:**

1. Place chicken in a shallow glass dish.
2. Combine remaining ingredients; pour over chicken. Cover and refrigerate 4 hours or overnight.
3. Drain, discarding marinade.
4. Grill chicken over medium-hot coals, turning once, until juices run clear, about 15 to 18 minutes.

Serves 6.

Per serving (1/6 recipe): 221 calories, 26g protein, 3.7g fat, 20.9g carbohydrate,  
321mg sodium

