

It's Fig Season!



Grilled Chicken with Figs

Serves: 4 | Serving Size: 1 cutlet

Ingredients:

2 chicken breasts, halved horizontally
1 piece of foil
Dash of olive oil
1/4 cup balsamic vinegar glaze
1 cup figs, quartered
1/2 cup chopped bell pepper
Sprinkle of ground anise
Sprinkle of chili powder

Directions:

Heat up the grill or your oven broiler.

While your cooking space is preheating, place the chicken breasts on the foil in a single layer. Lightly drizzle with olive oil.

Add the balsamic glaze and top with figs, peppers, and seasonings.

When the grill is hot, add the chicken on the foil.

Cook until done, about 15-20 minutes. The chicken is done when it is firm in the center and no longer pink.

Serve hot.

Chef's Tips:

This delicious barbecued chicken dinner is high in flavor and low in sodium. The sweetness of the figs complements the acidity of the balsamic vinegar glaze, and the spices make it all seem like a barbecue, but without the heavy sauce and high sodium content.

One of the secrets to chicken breast success is to cut the breast in half horizontally. That way, you will end up with 2 thin pieces. It cooks much faster and more evenly that way, which helps it stay tender. Plus, by halving the chicken, you can halve the calories in the meal, too!

We used ancho chili powder in this recipe to add a bit of smokiness, but any chili powder will do.

BROUGHT TO YOU BY: