

STRONG BONES MATTER

vitaMin

Vital health information in a minute!

It's time to get the grill out of winter storage and try this delicious new take on grilled chicken. It's low in fat and sodium, and great with a nice fresh salad.

Apricot-Glazed Grilled Chicken

Yield: 4 servings (serving size: 1 chicken breast half or 1 thigh and 1 drumstick)

Ingredients

- | | | | | |
|-------|-------------|--|-----|--------------------------------------|
| 3 | tablespoons | apricot preserves | 2 | bone-in chicken thighs, skinned |
| 2 | tablespoons | red wine vinegar | 2 | chicken drumsticks, skinned |
| 1 1/2 | tablespoons | extra-virgin olive oil | 1/2 | teaspoon fine sea salt |
| 1 | | garlic clove, minced | 1/4 | teaspoon freshly ground black pepper |
| 2 | | bone-in chicken breast halves, skinned | | Cooking spray |

Preparation

1. Combine first 4 ingredients in a small bowl, stirring well.
2. Prepare grill for indirect grilling. If using a gas grill, heat one side to medium-high and leave one side with no heat. If using a charcoal grill, arrange hot coals on one side of charcoal grate, leaving the other side empty.
3. Let chicken stand at room temperature for 30 minutes. Sprinkle chicken evenly with salt and pepper. Place chicken, meaty sides down, on grill rack coated with cooking spray over direct heat; grill 5 minutes or until browned.
4. Turn chicken over; baste with apricot mixture. Grill 5 minutes over direct heat or until browned. Turn chicken over, moving it over indirect heat; baste with apricot mixture. Cover and cook 15 minutes. Turn chicken over; baste with apricot mixture. Cook 20 minutes or until done.

Cooking Light, June 2009



Nutritional Information

Calories:	247
Fat:	10.7 g (sat 1.6 g, mono 0.6 g, poly 0.2 g)
Protein:	26.5 g
Carbohydrate:	10 g
Fiber:	0.1 g
Cholesterol:	1.2 mg
Sodium:	370 mg



"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited. All models are used for illustrative purposes only. 838777 05/11 © 2011 CIGNA. Some content provided under license.