

The Art of Cuisine



Easy Chicken on the BBQ Grilled Chicken with Chipotle-Orange Glaze

Active Time: 10 Minutes

Total Time: 20 Minutes

Yield: 2 servings

Smoky chipotle peppers make this quick, citrusy barbecue sauce special. Try this recipe with shrimp or pork chops on the grill as well. Serve with Quinoa & Black Beans and fruit sorbet for dessert.

RECIPE INGREDIENTS

- 1 tablespoon [orange juice](#) concentrate, thawed
- 1 1/2 teaspoons finely chopped [chipotle chiles](#) in adobo sauce (
- 1 1/2 teaspoons balsamic [vinegar](#)
- 1 teaspoon [molasses](#)
- 1/2 teaspoon Dijon [mustard](#)
- 2 boneless, skinless [chicken](#) breasts, trimmed of fat (8 ounces)
- 1/8 teaspoon [salt](#)



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Note: Chipotle chiles in adobo sauce are smoked jalapeno packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.

DIRECTIONS

Preheat grill or broiler to high. Lightly oil the rack Whisk orange juice concentrate, chiles, vinegar, molasses and mustard in a small bowl Sprinkle chicken with salt. Grill or broil the chicken for 2 minutes. Turn the chicken, brush with the chipotle-orange glaze, and cook, brushing occasionally with more of the glaze, 4 minutes more. Turn the chicken again, brush with the glaze, and cook until no longer pink in the middle, 2 to 5 minutes more.

Nutrition Facts per Serving

Yield: 2 servings

Calories:	152	Fat, Total:	3g	Protein:	23g
Carbohydrates, Total:	7g	Fat, Saturated:	1g	% Cal. from Fat:	18%
Cholesterol:	63mg	Sodium:	251mg		

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