

Apple Glazed Barbeque Chicken

6 oz frozen 100% apple juice concentrate, thawed
1 tablespoon cider vinegar
1 teaspoon dried thyme
6 boneless, skinless chicken breasts (4 ounces each)
1/8 teaspoon hot pepper sauce
2 tablespoons Splenda® sweetener
¼ cup ketchup

In a small saucepan, combine the apple juice concentrate, Splenda, ketchup, vinegar, thyme and hot pepper sauce. Stir over medium heat until heated through. Remove from the heat and cool to room temperature. Place the chicken in a 13 x 9 inch baking pan and cover with ½ of the sauce. Turn to coat both sides. Cover and refrigerate the chicken and remaining sauce for 4 to 24 hours. Cook the chicken on the grill, brushing with the remaining sauce until the chicken is cooked through and an internal temperature of 180 degrees F is reached. Makes 6 small servings.

Nutrition information per serving: 253 calories, 33 grams protein, 5 grams fat, 17 grams carbohydrate, 206 mg sodium.