



Classic Grilled Chicken

This is a simple but tasty way to grill up your chicken with minimal preparation or ingredients required. Serve this with steamed Brussels sprout or broccoli and brown rice or quinoa to make a balanced and delicious meal.

Prep: 5 minutes • Total: 25 minutes

Ingredients:

Chicken breast, halved	3 each (~5 oz / breast)	425 g
BBQ sauce	½ cup	125 mL
Black pepper	1 tsp	5 mL

Directions:

1. Preheat grill to 350 degrees Fahrenheit.
2. Spray or grease grill.
3. Season chicken with pepper or desired spices.
4. Place chicken directly on grill and close lid, flip after 5-7 minutes.
5. Brush BBQ sauce on cooked side of chicken breast.
6. Grill other side for 5-7 minutes depending on doneness.
7. Flip chicken over and brush other side with BBQ sauce
8. Grill each sauced side for an additional 1-2 minutes until BBQ sauce begins to char slightly.

Nutrition Facts

Serving Size (111g)			
Servings Per Container			
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Amount Per Serving			
Calories 160	Calories from Fat 15		
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			% Daily Value*
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 350mg			15%
Total Carbohydrate 11g			4%
Dietary Fiber 0g			0%
Sugars 9g			
Protein 24g			
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Vitamin A 4%	• Vitamin C 0%		
Calcium 0%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza

Makes 3 servings • 1 serving = 111 g

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