

Peach BBQ Chicken

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Serves 6, 1 FSP per serving

Adapted from Plainchicken.com

- 6 boneless, skinless chicken breasts
- 3 Tbsp BBQ seasoning
- 1 cup sugar free peach preserves
- 1 1/2 Tbsp soy sauce
- 1 Tbsp dry mustard
- 1 clove garlic (minced)
- 1/4 tsp cayenne pepper ((less if you don't like spice!))
- 3/4 tsp salt
- 1/2 tsp black pepper

1. Season chicken with BBQ seasoning on both sides.
2. Whisk together peach preserves, soy sauce, dry mustard, garlic, cayenne pepper, salt and pepper
3. Cook chicken on the grill until almost done, about 6 minutes per side.
4. Brush chicken generously on both sides with peach mixture during final minutes of cooking. Serve leftover sauce on the side with the chicken.