

Smoky Chicken with Cherry BBQ Sauce

Smoky Chicken with Cherry BBQ Sauce – WW Weekly Recipe



This recipe is from the 8/30/20 WW weekly handout and is on their website

Serves 4 (3 oz chicken and 3 Tbsp sauce)

Blue – 3

Purple – 3

Green – 5

- 2 Tbsp Extra virgin olive oil
- 1 1/4 tsp Kosher salt, divided
- 1 1/4 tsp Smoked Paprika, divided (smoked is recommended)
- 1 lb Uncooked boneless skinless chicken breast, thin cutlets recommended
- 3/4 cup Cherries, pitted (or defrosted unsweetened frozen cherries)
- 1 Tbsp Apple cider vinegar
- 1 Tbsp Molasses
- 1 Tbsp Dijon Mustard
- 2 Tbsp Chives, minced

1. In a small bowl, stir together oil, 1 tsp salt and 1 tsp

paprika; rub evenly over chicken and set aside.

2. Into a blender place cherries, vinegar, molasses, mustard and remaining 1/4 tsp each smoked paprika and salt; blend until smooth and set aside.
3. Make sure your grill grates are super clean. Preheat a gas or charcoal grill to medium-high heat (or set a large grill pan over two burners or broil).
4. Grill chicken, flipping once, until cooked through, 2-3 minutes per side. Let chicken rest for 5 minutes before slicing; serve drizzled with sauce and sprinkled with chives.
5. Serving size: 3 oz chicken, 3 Tbsp sauce