

Wicked Awesome Chicken

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Adapted from plainchicken.com

I am not including the points for this dish because the ingredients are so variable. You can just pop it into the recipe builder on your WW app. Also, some people do not count all the marinade since most of it is left behind.

- 1 cup Italian dressing
- $\frac{1}{4}$ cup BBQ sauce
- $\frac{1}{4}$ cup hot sauce
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp Worcestershire sauce
- 1 tsp olive oil
- $\frac{1}{4}$ tsp sugar
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp onion powder
- 1 tsp lemon juice
- 4 to 6 boneless skinless chicken breasts (pounded to an even thickness)

1. Whisk together all ingredients except chicken.
2. Pour over chicken.
3. Place chicken in the refrigerator and marinate for 1 hour up to overnight.
4. Remove chicken from marinade and grill until the internal temperature reaches 165°F.

Main Course

Chicken