

# BLUEBERRY BARBECUED CHICKEN

## INGREDIENTS

- ½ cup diced onion
- 1 tablespoon olive oil
- 2 cups frozen wild blueberries
- ¼ cup ketchup
- ¼ cup balsamic vinegar
- ¼ cup dark brown sugar
- ½ teaspoon salt
- 6 (6-ounce) boneless, skinless chicken breasts

## DIRECTIONS

1. Prepare and heat grill.
2. On a stove, heat a medium saucepan to medium-high heat. Add olive oil and sauté onion for 2 minutes, or until translucent. Add blueberries, ketchup, balsamic vinegar, brown sugar and salt. Stir well. Bring to a simmer and cook, stirring occasionally, for 4 minutes.
3. Use an immersion blender (or transfer to a blender) to blend until smooth. Transfer ½ cup of sauce to one bowl and reserve for serving. Transfer remaining sauce to a second bowl for grilling.
4. Pound chicken breasts to flatten to ½-inch thickness. Grill for 5 minutes on one side, turn and grill another 5 minutes.
5. Spread blueberry barbecue sauce evenly over chicken; grill 1 minute.
6. Turn chicken and spoon larger portion of sauce evenly over other side; grill 1 minute longer. Chicken is cooked when internal temperature reaches 165°F.
7. Serve with reserved ½ cup blueberry barbecue sauce.



*Recipe courtesy of Academy of Nutrition and Dietetics*