

Bacon-and-Chicken Bites

Southern Living Best Barbecue Recipes - June 2011

Servings: 6

Preparation Time: 10 minutes

Grill Time:

2 8-ounce skinned and boned chicken breast

8 slices bacon, cut into thirds

wooden toothpicks

1/2 cup orange marmalade

1/4 cup lite soy sauce

3 tablespoons Dijon mustard

3/4 teaspoon ground ginger

1/4 teaspoon garlic powder

Cut the chicken breasts into 24 one-inch pieces.

Wrap each chicken piece with one piece of bacon and secure with a wooden toothpick.

In a bowl, stir together the marmalade, soy sauce, mustard, ginger and garlic powder. Reserve 1/4 cup for later use.

Pour the remaining marinade into a large bowl. Add the chicken, tossing to coat.

Cover and chill for two hours, turning occasionally.

Preheat the grill to 350 to 400 degrees (medium-high) heat.

Remove the chicken from the marinade.

Grill the chicken, covered, in a grill wok or metal basket for 8 minutes or until done.

Toss the chicken with the reserved marinade before serving.

Per Serving (excluding unknown items): 204 Calories; 5g Fat (23.9% calories from fat); 20g Protein; 18g Carbohydrate; 2g Dietary Fiber; 51mg Cholesterol; 293mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.