

MAPLE BARBECUED CHICKEN

Source: Quick Cooking March/April 2002 (Ruth Lowen)

Prep/Cooking Time: less than 30 minutes

INGREDIENTS:

3/4 C barbecue sauce

3/4 C maple pancake syrup

1/2 tsp salt

1/2 tsp maple flavoring

8 boneless, skinless chicken breast halves (2 lbs)

DIRECTIONS:

In a bowl, combine 1st 4 ingredients - mix well. Remove 3/4 C to a small bowl for serving; cover & refrigerate. Grill chicken, uncovered, over medium heat (3 minutes/side) - grill 6-8 minutes long or till juices run clear, basting with remaining sauce & turning occasionally. Serve with reserved sauce.

Serves: 4-8