



Number of Servings: 4

Ingredients:

- 1 lb. chicken breasts
- ½ cup P3
- ¼ cup sweet chili sauce
- 1/8 tsp cayenne pepper
- 1/8 tsp black pepper

Directions:

1. Preheat grill to medium heat, about 375-450 degrees.



## SWEET & SPICY CHICKEN

2. Mix P3, chili sauce, cayenne pepper and black pepper together in a bowl and apply to both sides of the chicken breasts.
3. Grill the chicken until completely cooked through (about 4-6 minutes per side depending on heat of the grill). Chicken should be at 165 degrees at its thickest part.
4. Brush chicken with any reserved sauce if desired. Garnish with cilantro, green onions and serve with Cauliflower Fried Rice.

Profile Exchanges: 4 oz. Lean protein, 2 free food