



Bacon-Wrapped Chicken

Prep: 15 minutes plus marinating

Grill: 12 minutes • Serves: 4

- 1 garlic clove, minced
- 1 green onion, sliced plus additional for garnish (optional)
- ¼ cup fresh orange juice
- ¼ cup honey
- 2 tablespoons Worcestershire sauce
- ½ teaspoon ground black pepper
- 4 boneless, skinless chicken breasts (about 1½ pounds)
- 4 slices bacon

1. In medium bowl, whisk garlic, onion, orange juice, honey, Worcestershire sauce and pepper. Place chicken in large zip-top plastic bag; pour orange juice mixture over chicken. Seal bag, pressing out excess air; refrigerate at least 1 or up to 4 hours.

2. Prepare outdoor grill for direct grilling over medium heat. Remove chicken from marinade; discard marinade. Wrap 1 slice bacon around each piece of chicken; secure with toothpicks. Place chicken on hot grill rack; cook 12 minutes or until internal temperature of chicken reaches 165°, turning once. Serve garnished with green onions, if desired.

*Approximate nutritional values per serving:
258 Calories, 5g Fat (1g Saturated), 96mg Cholesterol,
209mg Sodium, 21g Carbohydrates, 0g Fiber, 30g Protein*

Helpful tips:

- > To create crosshatch marks on chicken, use tongs to turn the chicken a quarter turn halfway through the grilling time on each side of chicken.
- > Serve with your favorite coleslaw.