

Grilled Chicken with Pomegranate Sauce

Yield: 4 servings

Pomegranate sauce

1 ONION, MINCED
1 Tbsp. EXTRA VIRGIN OLIVE OIL
¼ tsp. SEA SALT
2 cups POMEGRANATE JUICE
3 Tbsp. AGAVE NECTAR

4 BONELESS, SKINLESS CHICKEN BREASTS
4 tsp. GROUND ALLSPICE
2 tsp. CHILI POWDER
½ tsp. GROUND CINNAMON

Procedure:

1. In a large frying pan, sauté onions with oil and salt at medium-high heat until onions have softened. Add pomegranate juice and agave and boil rapidly, uncovered, for approximately 15 minutes.
2. Once sauce has thickened, remove from pan immediately and set aside.*
3. Preheat grill to medium-high heat.
4. Mix spices together on a large plate. Place chicken breasts on plate and rub with spice mixture.
5. Place chicken on grill and cook for approximately 10 minutes on each side or until centre of chicken is no longer pink, but chicken is still juicy.**
6. Pour pomegranate sauce on top of chicken and serve.

Notes

- * Smaller, frothy looking bubbles will appear just as the sauce has thickened. Be careful not to boil the sauce past the point of thickening or it will harden when cooled.
- ** Cooking time for chicken can vary depending on the type of grill used and the size of the chicken breasts. The approximate times are based on the use of an indoor grill.



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