



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

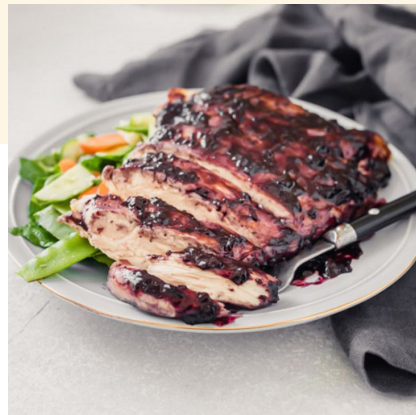
Blueberry Barbecued Chicken

Combine two classic summer favorites — blueberries and barbecue — in this tangy and sweet sauce for grilled chicken.

Cook Time: 18 mins | Servings: 6

NUTRITION NOTES

- Naturally flavorful and aromatic, **onion** is rich in antioxidants—especially quercetin—that may support heart health and reduce inflammation. It also provides small amounts of vitamin C and fiber, which aid immune function and digestive health.
- Light and heart-healthy, **olive oil** is rich in monounsaturated fats and antioxidants that support cardiovascular wellness. It also contains anti-inflammatory compounds like oleocanthal, which may contribute to reduced inflammation and support brain health.
- Bursting with natural sweetness and vibrant color, **wild blueberries** are packed with antioxidants, especially anthocyanins, which help combat oxidative stress. They also support brain health, reduce inflammation, and provide dietary fiber and vitamin C.
- A lean and protein-rich choice, **boneless, skinless chicken breast** delivers essential amino acids that support muscle repair, immune function, and overall satiety. It's also a good source of B vitamins, including niacin and B6, which aid in energy metabolism.



Blueberry Barbecued Chicken

Printing
Courtesy of:



INGREDIENTS

- ½ cup diced onion
- 1 tablespoon olive oil
- 2 cups frozen blueberries
- ¼ cup ketchup
- ¼ cup balsamic vinegar
- ¼ cup dark brown sugar
- ½ teaspoon salt
- 6 six-ounce boneless, skinless chicken breasts

INSTRUCTIONS

***chicken can be prepared on a grill, pan seared, or in the oven.**

1. On a stove, heat a medium saucepan over medium-high heat. Add olive oil and sauté onion for 2 minutes, or until translucent. Add blueberries, ketchup, balsamic vinegar, brown sugar and salt. Stir well. Bring to a simmer and cook, stirring occasionally, for 4 minutes.
2. Use a blender to blend until smooth. Transfer ½ cup of sauce to one bowl and reserve for serving. Transfer remaining sauce to a second bowl for cooking.
3. Pound chicken breasts to flatten to ½-inch thickness. Place flattened chicken breasts on prepared grill. Cook for 5 minutes on one side, turn and cook for another 5 minutes.
4. Spread blueberry barbecue sauce evenly over chicken; cook for 1 minute.
5. Turn chicken and spoon larger portion of sauce evenly over other side; cook for 1 minute longer. Chicken is cooked when internal temperature reaches 165°F.
6. Serve with reserved ½ cup blueberry barbecue sauce.

Nutrition Profile: High-Protein | Low-Saturated Fat | Moderate-Sodium | Plant-Forward | Rich in Potassium | Iron-Rich

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Serving Size: 1 chicken breast | Calories: 292

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|--------------------|--------------------|--------------------|
| • 6g total fat | • 22g carbohydrate | • 397mg potassium |
| • 1g saturated fat | • 1g fiber | • 267mg phosphorus |
| • 94mg cholesterol | • 18g sugar | |
| • 385mg sodium | • 35g protein | |

****Nutrition information provided directly by Eat Right and reflects values listed at the time of publication. Recipe sourced from: www.eatright.org***