

# CEDAR-PLANK CHICKEN WITH ROASTED SWEET RED PEPPER SAUCE

Yield: 4 Servings (2 pieces of chicken, ½ cup vegetables, ¼ cup sauce)



**TOTAL TIME:** 2 hours 15 minutes

**YOU WILL NEED:** 1 cedar plank (soaked in water for about 1 hour), 4 grilling skewers, and 1 sheet non-stick grill foil

## INGREDIENTS

- 1 pkg. Chicken split breasts with ribs, drums and thighs (about 3 lbs.)
- 3 Tbsp. Wegmans Basting Oil, divided
- Salt and pepper
- 1 pkg. (8 oz.) baby zucchini, trimmed, halved lengthwise
- 2 pkgs. (8 oz. ea.) squash, trimmed, halved lengthwise
- 2 containers (4 oz. ea.) Food You Feel Good About Roasted Sweet Red Pepper Sauce (Prepared Foods), warmed

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## PREPARATION

Preheat grill on high 10 min.

1. Arrange chicken on plank. Drizzle each piece with 1 tsp. basting oil. Season with salt and pepper. Reduce temperature to medium-low.
2. Place plank on grill grate; close lid. Cook about 45 min., until internal temp of chicken reaches 165 degrees. Check by inserting thermometer halfway into the thickest part of the chicken, away from the bone.
3. About 15 min. before chicken is done, arrange vegetables on skewers. Drizzle with 2 Tbsp. basting oil. Place foil on grate; place vegetable kabobs on foil. Cook until tender, about 15 min.
4. Serve warmed sauce over meal.

## NUTRITION

**Per serving:** Calories: 480; Fat: 28 g; Cholesterol: 200 mg; Carbohydrates: 10 g; Protein: 50 g; Fiber: 2 g; Sodium: 360 mg.

Recipe courtesy of Wegmans