



a startcooking.com recipe

GRILLED CHICKEN – INDOORS!

Serves 4



- 4 boneless chicken breasts (5-6 ounces each)
- 3/4 teaspoon of salt
- 1 tablespoon of brown sugar (or white sugar)
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder

In a small bowl mix together the salt, sugar, garlic powder, and onion powder.

Rub the spice mixture over both sides of the chicken.

Add chicken to preheated grill pan and cook on each side 4-5 minutes depending on the thickness of the chicken.

Makes
4-5oz. servings