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## Glazed Herb Chicken

1 teaspoon hot pepper sauce

4 boneless, skinless chicken breasts (about 6 oz. each)

1 lb. fresh asparagus, trimmed

2 tablespoons jerk seasoning

1. Prepare grill for medium-high
2. Rub chicken with jerk seasoning
3. Grill breasts about 6 minutes per side or until cooked through and no longer pink inside, brushing every few minutes with pepper sauce
4. Meanwhile, grill asparagus about 6 minutes, turning occasionally.  
Remove chicken and asparagus from grill and arrange on platter to serve

Makes 4 servings

Nutrients per serving:

Calories: 200

Total fat: 2.5 g

Carbs: 11 g

Sodium: 550 mg