

# Perfect Grilled Chicken

**Prep Time:**

5 min

**Total Time:**

24 min

**Makes:**

4 servings

1/2 cup KRAFT Sun-Dried Tomato Dressing

4 small boneless skinless chicken breast halves (1 lb.)

**PREHEAT** grill to medium heat. Pour dressing over chicken in resealable plastic bag. Seal bag; turn to evenly coat chicken with dressing. Refrigerate 5 min. to marinate. Remove chicken from marinade; discard bag and marinade.

**GRILL** chicken 5 to 7 min. on each side or until cooked through (165°F).

## Kraft Kitchens Tips

Substitute - Prepare as directed, using *Kraft Zesty Italian Dressing*.

Cooking Know-How - Set the timer in the kitchen for 5 min. on each side so you don't forget to turn the chicken. Don't overcook the chicken - grill just until the juices run clear.

Use Your Oven - Grill runs out of gas unexpectedly or it starts to rain? That's easy. Just place the chicken on a baking sheet and bake at 400°F for 20 min. or until cooked through (165°F).

Customer substitution: " Yummy! Super Easy & Delicious! I used Tangy Tomato Bacon dressing as a substitute and it was Amazing! My husband loved the flavor and thought I put a lot of work into making dinner. That'll be my little secret!!!"

## Nutritional Information

Calories 170

[Total fat](#) 5 g[Saturated fat](#) 1 g[Cholesterol](#) 75 mg[Sodium](#) 240 mg[Carbohydrate](#) 2 g[Dietary fiber](#) 0 g[Sugars](#) 2 g

Protein 27 g

Vitamin A 0 %DV

Vitamin C 0 %DV

[Calcium](#) 0 %DV

Iron 6 %DV