

STICKY BROILED CHICKEN WITH CABBAGE SLAW

(Woman's Day October 2011)

2 tsp sugar
3 Tbsp. cider vinegar, divided
Kosher salt and pepper
1/2 small green cabbage (about 1 lb), cored & shredded (4 c)
1 small red bell pepper, thinly sliced
4 scallions cut into 2-in. pieces
1/4 c. ketchup
1 Tbsp. molasses
1 tsp. Dijon mustard
4 6-oz boneless, skinless chicken breasts

- In a large bowl, whisk together the sugar, 2 Tbsp. vinegar, and 1/2 tsp. each salt & pepper. Add the cabbage, red pepper and scallions and toss to combine. Let sit, tossing occasionally, for at least 10 minutes.
- Heat broiler. In a small bowl, whisk together the ketchup, molasses, mustard, and remaining 1 Tbsp. vinegar, plus 1/4 tsp. each salt and pepper.
- Pound the thickest part of the chicken breasts so they are 1/2 inch thick. Place on a foil-lined broiler-proof baking sheet and broil until cooked through, 7 to 8 minutes, basting with the ketchup mixture during the last 2 minutes of cooking. Serve with the slaw.

(turn leftovers into sandwiches: slice leftover chicken and layer with slaw inside a toasted baguette)