

# Asian Barbeque

## Chicken & Bok Choy



### CHICKEN INGREDIENTS

2 lbs boneless chicken breasts  
3 packets of Splenda  
2 T cinnamon or sugar free maple syrup  
1 t red pepper flakes  
1 t garlic powder  
¼ t ginger  
2 T light soy sauce  
2 T lemon juice  
Olive oil (for grill)  
2 scallions finely sliced

### CHICKEN DIRECTIONS

Mix sugar replacement and seasonings to make a marinade. Wash chicken cutlets and pat dry. Place in marinade. Cover them and refrigerate for at least 2 hours before you are going to cook them. Brush grill lightly with olive oil and heat. Place chicken on grill and turn when brown. Remove from grill and garnish with sliced scallions

### BOK CHOY INGREDIENTS

3 large or 12 baby bok choy (clean well & slice in half)  
1 T Sesame Oil  
1 T chili paste  
¼ c light soy sauce  
3 T sesame seeds  
2 scallions chopped finely

### BOK CHOY DIRECTIONS

Combine all ingredients except bok choy and mix till well blended. Put bok choy in mixture, cover and refrigerate for about ½ hour. Cook on hot grill till both sides are crispy and brown.