**Korean Grilled Chicken Breasts**

Ingredients:

1 pound (2) boneless, skinless chicken breasts, cut in half lengthwise

1/4 cup low sodium or gluten-free soy sauce

1/4 cup unsweetened apple sauce

1/4 cup finely chopped yellow onion

1 tsp sesame oil

1 tsp grated ginger

1 tbsp light brown sugar

2 garlic cloves, crushed

1 teaspoon red pepper flakes (optional)

1 teaspoon sesame seeds, plus more for topping

2 thinly sliced scallions, white and green parts

Directions:

1. Place the chicken breasts, 1 at a time, in a Ziploc bag.
2. Pound the chicken breast to an even thickness, about ½ inch thick, being careful not to puncture the bag
3. In a medium bowl, combine the soy sauce, apple sauce, onion, sesame oil, ginger, brown sugar, garlic, red pepper flakes, if using and sesame seeds.
4. Reserve ¼ cup of the marinade and transfer the remainder to the Ziploc bag with the chicken.
5. Refrigerate and marinate for at least 1 hour.
6. Over medium-high heat, grill the chicken for 2 to 3 minutes or until it no longer sticks to the grill.
7. Turn the chicken, spoon the reserved ¼ cup of marinade over each breast and grill an addition 2 to 3 minutes.