



SIMPLY SUCCULENT GRILLED CHICKEN

By Dr. Cindy Tanzar
(Standard/Maintenance)

There are hundreds of ways to make chicken, which is a great thing if you want to keep from eating the same thing again and again. It's even better if the dish is quick and easy. This recipe was submitted by Paul Zentmeyer, who found it attached to a jar of Dijon Mustard. The original recipe called for the chicken to be grilled, however, he cooked it in a griddle and said the end result was fantastic! Just look for a Dijon mustard without preservatives or sugar and GHS plan-approved mayonnaise.

Depending on the size of the chicken breast, this recipe serves approximately 6. (You can easily cut the recipe in half, too.) One serving covers 3 oz. of protein and your fat for one meal.



INGREDIENTS

- 1/2 cup Genesis Mayo Recipe or Primal Kitchen mayonnaise
- 1/4 cup Dijon mustard (Simple Truth organic is sugar/preservative-free)
- 1 tsp. finely chopped garlic
- 4 boneless/skinless organic chicken breasts
- Pink Himalayan salt and freshly-ground pepper, to taste



INSTRUCTIONS

Place the mayonnaise, Dijon mustard and garlic in a large bowl and mix well. Remove and set aside 1/4 cup of the mixture for finishing. (You can transfer the remaining mixture in a large Ziploc-type bag to marinate or leave in the bowl.)

Place the chicken in the mixture, cover and marinate at room temperature for 20 minutes or up to 4 hours in the refrigerator. (If using the bag method, place chicken in the bag, zip close and shake until well-coated. Squeeze out any excess air from the bag.)

Preheat a well-oiled grill (or pan) to medium heat with Extra Virgin Coconut or Avocado oil. Grill/cook chicken, turning once and brushing occasionally. Grill/cook for 10 minutes each side or until chicken reaches an internal temperature of 160°F.

Remove from grill/pan and brush with reserved mixture. Can sprinkle with fresh thyme.