

Dijon Jalapeno Chicken

submitted by scottr10r



Per serving: 352 Calories • 8.8g Carbs (0.8g Fiber) • 11.1g Fat • 51.7g Protein

Ingredients

Ingredients scaled to: 6 serving

- 3 lb **Chicken breast** (1.4 kg)
- 4 pepper **Jalapeno peppers** (56 grams)
- 2 clove **Garlic** (6 grams)
- 2 tbsp **Olive oil** (27 grams)
- 4 tbsp **Dijon mustard** (60 grams)
- 2 tbsp **Honey** (42 grams)
- 1 tsp **Salt** (6 grams)
- 1 tbsp **Rosemary** (1.7 grams)
- 1 tsp **Pepper** (2.1 grams)
- 2 lemon yields **Lemon juice** (94 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Core and dice jalapenos, mince garlic, and de-stem rosemary. Combine all of your ingredients, except lemon juice, in a bowl or dish to marinate your chicken. Marinate for at least a few hours or up to 24 hours in the refrigerator.
2. Once you're ready to cook, preheat your grill to a medium/medium-high heat or about 400-450 degrees fahrenheit.
3. Once grill is ready, place your chicken on the grill and cook between 7-10 minutes per side Use a meat thermometer to ensure your chicken is cooked and at least 165 degrees fahrenheit.
4. Once done place chicken in aluminum foil, squeeze lemon juice on top, and close the aluminum foil to let it steam with the lemon juice for about 10-15 minutes. Serve and enjoy.