

Looking for something different for dinner tonight? This is simple and delicious. I set up the marinade and chicken in the morning. By the time I get home in the evening, it is ready to go. Dinner can be on the table in less than 30 minutes!

Enjoy...

Rosemary-Mustard Chicken
(serves 4)

Ingredients

1 1/2 pounds boneless skinless chicken breast
3 TBS low-sodium soy sauce
1 TBS Dijon-style prepared mustard
2 tsp dried rosemary, crushed

Directions

Place the chicken in a sealable plastic bag and set aside.
In a small bowl, combine the soy sauce, mustard and rosemary. Pour over chicken, seal the bag and shake to coat. Marinate in the refrigerator for one to four hours, shaking the bag once or twice.
Preheat oven on the broiler setting. Remove the chicken from the marinade and place on the rack in a broiler pan. Broil 4 inches from the heat, turning once, for 20-22 minutes or until the meat is cooked through.

Amount Per Serving

Calories: 220

- * Total Fat: 4.4g
- * Cholesterol: 79mg
- * Sodium: 835mg
- * Total Carbs: 1.8g
- * Dietary Fiber: 0.4g
- * Protein: 35.9g