



Mustard Basil Chicken

Instructions:

Slice the chicken very thin or pound with a tenderizer.

In a plastic bag, mix the other ingredients well to create a marinade.

Add the chicken and let it marinate for at least 30 minutes.

Grill for approximately 3 minutes on each side.

Unlimited on the lean protein diet

Prep Time:

10 minutes

Cook Time:

6 minutes

Ingredients:

6 oz. chicken cutlets

2 cubes frozen basil

2 cubes frozen garlic

1 TBSP. mustard

1 tsp. vinegar

1 tsp. olive oil