



## 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.

**Counts as 1 dinner main**

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**Prep Time:**

10 minutes

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**Cook Time:**

6 minutes

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**Ingredients:**

4 1/2 oz. chicken cutlets

2 cubes frozen basil

2 cubes frozen garlic

1 TBSP. mustard

1 tsp. vinegar

1 tsp. olive oil