Honey-Mustard Chicken with Ginger

**Prep:** 20 minutes ~ **Cooking:** 8 to 10 minutes ~ **Yield:** 6 servings

**Ingredients & Directions**

**Chicken:**
1 1/2 to 2 pounds skinless boneless chicken breast fillets, cut into 2-inch wedges

**Honey-Mustard Marinade:**
2 to 3 tablespoons extra-virgin olive oil
1/3 to 1/2 cup creamy white, yellow, or Dijon mustard (white mustard is my favorite)
2 tablespoons honey
1 tablespoon finely grated and minced fresh gingerroot or 1 teaspoon ground ginger
1/4 teaspoon ground red or black pepper
1 1/2 teaspoons unrefined coconut oil or olive oil to grease skillet or grill pan, optional

1. Add chicken to a glass or Pyrex pie plate or bowl. Mix marinade, pour over chicken, and stir to coat. Cover and refrigerate 6 to 8 hours, all day, or overnight.
2. Cook chicken pieces on grill, under broiler, or in lightly oiled, heavy-bottomed skillet, griddle, or grill pan over medium heat, about 3 minutes per side, or until firm, meat is beige throughout, and juices run clear when a test piece is cut in half.
3. Add a dash of water to any leftover marinade, bring to boil, and simmer 4 minutes. Baste chicken with mixture as it cooks.
4. Serve warm. Refrigerate leftovers and use within 3 days. (They’re delicious cold.)

**Variations**

- In step 1, add 1 tablespoon minced fresh or 1 teaspoon dried rosemary, tarragon, dill, or basil.
- **Honey-Mustard Chicken with Chipotle:** Replace ginger with 1/2 teaspoon ground chipotle. Omit black pepper and garnish final dish with minced cilantro before serving.
- **Honey-Mustard Chicken Salad:** Serve chicken over heaping individual plates of raw spinach, arugula, or spring greens, minced scallions, parsley, red radishes, celery, fresh or sun-dried tomato slices, avocado, and a squeeze of lemon or lime juice. Add roasted onions, bell peppers, and/or carrots, if desired.