

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.)

Nutrition

1 serving:

230 calories
30 g protein
7 g carbohydrate
9 g fat
15 mg calcium
128 mg sodium

Honey and mustard do wonders to moisten chicken breasts. Ginger adds a zingy taste.

This makes a delicious topping for mesclun greens or a main-course salad made with an assortment of raw, roasted, or grilled vegetables. A creamy carrot, squash, or tomato soup makes a great starter. For dessert, try Rosehip-Apple Compote, Apple-Apricot Compote, Chilled Cherry Gel, or Fruit Kabobs sprinkled with shredded, unsweetened coconut. (See Index for recipes.)

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.