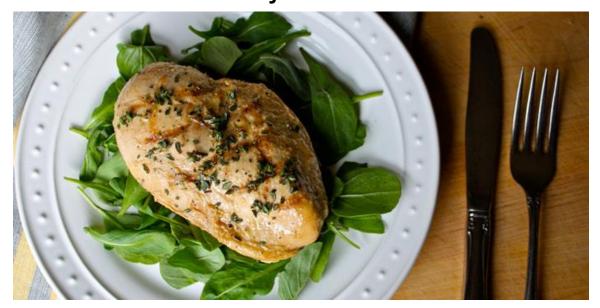
Grilled Chicken Dijon



Grill it or broil it, this lean chicken dijon recipe is a fantastic, healthy dinner you can make in 15 minutes or less.

Total Time: 15 min. | Prep Time: 5 min. | Cook Time: 10 min. | Yield: 2 servings

Ingredients:

2 (4-oz.) raw chicken breasts, boneless, skinless

1 clove garlic, crushed

2 tsp. Dijon mustard

6 fresh parsley sprigs (or thyme, marjoram, or rosemary),

finely chopped 1 dash sea salt ½ tsp. ground black pepper

1 Tbsp. olive oil

Preparation:

- 1. Preheat grill or broiler.
- 2. Combine garlic, mustard, parsley, salt, pepper, and oil in a small bowl; mix well.
- 3. Brush chicken breasts evenly with garlic mixture.
- 4. Grill or broil chicken for 5 minutes on each side or until chicken is no longer pink in the middle.

Nutrition Facts

Amount Per Serving		
Total Fat	10 g	
Saturated Fat	2 g	
Cholesterol	73 mg	
Sodium	397 mg	
Total Carbohydate	2 g	
Dietary Fiber	0 g	
Sugars	0 g	
Protein	24 g	
	1000	

Portions (per serving)

P90X® + P90	X2®	
2 Proteins		
P90X3®		
2 Proteins	1/2 Fat	
Body Beast		
4 Proteins	1/2 Fat	
21 Day Fix®		
11/2 Red		