

# 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	
Calories	199
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	73 mg
Sodium	397 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Sugars	0 g
Protein	24 g

## Portions (per serving)

P90X® + P90X2®	
2 Proteins	
P90X3®	
2 Proteins	½ Fat
Body Beast®	
4 Proteins	½ Fat
21 Day Fix®	
1½ Red	