



## ***NEW BEGINNINGS*** ***Personal Training Studio***

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### **Honey Mustard Grilled Chicken**

Serve this at your next barbeque or just make it for you and your family. The honey-mustard glaze has a delicious tangy flavor and it is not only easy, but very low in fat and calories.

#### **Ingredients:**



- 4 TBSP Honey
- 4 TBSP Spicy mustard
- 1 Tsp grated lemon peel
- 2 Tsp low-sodium soy sauce
- ½ Tsp Minced garlic
- 6 boneless, skinless chicken breasts

1. Combine honey, mustard, lemon peel, soy sauce and garlic. Mix well. Put aside a few teaspoons of the sauce. Add chicken and marinate in refrigerator for about 30 minutes.
2. Cook the chicken 5 to 6 minutes per side. Brush with the reserved sauce and continue cooking chicken for an additional 3-4 minutes per side or until chicken is cooked.
3. Serve with a healthy side of veggies or salad.

**Nutrition:** One serving: 183 calories, 2g fat, 13g carbs, 28g protein.