Grilled Mustard Chicken

Protein from the chicken combined with 11 grams of protein per cup of mustard makes this dish a muscle-building powerhouse. Throw in some dill and citrus for added flavor.

Ingredients
Chicken breast 6 oz.
Dill 1 oz.
Dijon mustard 3 tbsp
Olive oil 1 tbsp
Lemon juice 1/2 lemon

Directions
1. In a food processor, blend mustard, dill, and lemon juice.
2. Place chicken in mustard marinade for at least 4 hours.
3. Place marinated chicken on grill.
4. Coat chicken in olive oil and cook for five minutes on each side until it reaches an internal temperature of 185 degrees F.

Nutrition Facts
Serving size: 6 oz.
Recipe yields: 1 serving
Calories: 317
Fat: 19 g
Carbs: 4 g
Protein: 34 g