



Sweet Mustard Chicken With Creole Vegetables

Estimated Prep Time: 10 min (not including marinate time)

Estimated Cook Time: 30 min

Makes 4 servings

The chicken is best if marinated for a few hours. When grilling the chicken, be careful that the coating does not burn before the chicken is cooked through.

Ingredients:

3 tbsp Dijon Mustard

3 tbsp Brown Sugar

1/2 tsp ground Ginger

1/2 cup White Wine

4 boneless, skinless Chicken Breasts

Olive Oil

4 cups fresh Green Beans (about 40), washed and ends cut off

1/2 Red Onion

2 Roma or Plum Tomato, chopped

White Pepper

Garlic Salt

Cooking Materials:

Gallon-sized plastic-freezer bag; large skillet

Directions:

1. Combine the mustard, sugar, ginger, and wine in the plastic bag. Squish until mixed thoroughly, add the chicken, and squish to coat well. Set aside for at least 30 min to marinate, or refrigerate for up to a full day.
2. When you're ready to cook, preheat the grill. Place the chicken on the grill and cook, turning once, until no longer pink inside. Do not overcook! If the coating starts to burn, move the chicken to the side, away from the heat.
3. While the chicken is grilling, heat the olive oil in a large skillet. Add the beans and the onion. Cook until the beans are almost soft, about 30 min, Add the tomatoes, and sprinkle with pepper and garlic to taste. Continue cooking until the tomatoes are dissolving.