

Sweet Honey-Mustard Chicken

Recipe courtesy of *Chef Nikki Shaw*

momlogic.com

Ingredients:

- 1/3 cup honey
- 1/2 cup Dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 4 chicken thighs or breasts

Directions:

1. To make the marinade, place all of the ingredients in a bowl, except for chicken. Whisk until well blended. Place half of the marinade along with the chicken in a large sealed plastic bag. Set the other half of the marinade aside to brush-on later. Place the bag in the refrigerator for 2 hours.

Sweet Honey-Mustard Chicken

Recipe courtesy of *Chef Nikki Shaw*

momlogic.com

Directions:

2. Prepare the grill with medium heat. Remove the chicken from the bag and discard the bag along with the marinade. Place the chicken on the grill over direct heat for 5 minutes. Turn the chicken over and move to indirect heat. Cook for 30 more minutes.
3. Brush reserved marinade on chicken during the last 10 minutes of cooking and enjoy!

servings: 4 / prep time: 2 hours / cook time: 30-40 minutes