

MUSTARD CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Lemon Juice
Dijon Mustard
Dried Basil
Italian Seasoning
Lemon Zest
Salt and Pepper
Skinless Chicken Breast Halves

QUANTITY

1 lb.
8 oz.
¼ cup
4 Tbsp.
2
1 tsp.



PREPARATION

- In a bowl, whisk together lemon juice, Dijon mustard, basil, Italian seasoning, lemon zest, salt, and pepper.
- Place chicken breast halves in a shallow dish or ziplock bag. Pour marinade over the chicken, coating evenly.
- Refrigerate for at least 30 minutes (or up to 4 hours for deeper flavor).
- Preheat grill or skillet over medium heat.
- Remove chicken from marinade and cook for 5–7 minutes per side, or until chicken is golden.
- Let rest for a few minutes before slicing.
- Garnish with extra lemon zest or herbs, if desired. Enjoy!