

# JALAPENO HONEY MUSTARD GRILLED CHICKEN



## Ingredients

Servings: 6

- Four 6-ounce chicken breasts, boneless, skinless
- 4 tablespoons honey
- 4 teaspoons Dijon mustard
- 2 teaspoons smoked paprika
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1 jalapeno, minced, with seeds
- 2 tablespoons cilantro, chopped
- Place the chicken breasts in a plastic container.
- In a bowl, place the honey, Dijon mustard, paprika, salt, black pepper, minced jalapeno and 1 tablespoon of cilantro; mix well.
- Pour the marinade on the chicken; mix well, making sure each chicken breast is well coated with the marinade.
- Cover and place in the refrigerator. Let marinate for at least 4 to 6 hours; for best results, marinate overnight.
- Remove the chicken from the fridge. Heat the grill to 350 F.
- Prior to grilling the chicken, coat the grill with nonstick spray.
- Place the chicken breast on the grill for 20 to 30 minutes or until a food thermometer reads 165 F, the chicken is no longer pink and juices inside the chicken run clear.
- Place the cooked chicken breasts on a serving dish. Sprinkle the remaining chopped cilantro on top of the cooked chicken. Serve.

