

# Sobeys Dietitians

## Marinated Chicken in Minutes

Serves 4

### Ingredients:

¼ cup	60 ml	Dijon mustard
2 tbsp	30 ml	Lemon juice
1½ tsp	7 ml	Worcestershire sauce
1 tsp	5 ml	Tarragon, fresh
¼ tsp	1 ml	Pepper
0.8 lb	400 g	Chicken breasts, boneless, skinless

### Directions:

1. Combine all ingredients (except chicken breasts) in a ziplock bag and mix well. Add chicken and toss bag to coat with marinade. Let sit for 15 minutes.
2. Grill uncovered on high, turning once, for 10 to 15 minutes or until juices run clear. (or bake in oven at 375° for about 15 minutes until done).

### Nutrition Information per Serving:

Calories	124
Fat	2 grams
Carbohydrate	2 grams
Fibre	1 gram
Protein	23 grams
Sodium	251 milligrams

**Tip: Make this recipe into a kabob by cutting the chicken into cubes and placing on skewers before grilling.**

**Source: Sobeys Dietitians**