

Lemon Lime Grilled Chicken



HealthiestWeight

Ingredients

- 1/4 cup cider vinegar
- 3 Tbsp course-ground mustard
- 3 Tbsp garlic, chopped
- 1 lime, juiced
- 1/2 lemon, juiced
- 1/4 cup brown sugar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 3 Tbsp olive oil
- 6 boneless, skinless chicken breasts

Directions

1. Combine the first nine ingredients. Place chicken in marinade, cover, and marinate 8 hours.
2. Preheat an outdoor grill for high heat.
3. Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6-8 minutes per side, until juices run clear. Discard marinade.

Nutrition Facts: Serving Size: 1 chicken breast; Calories: 260; Calories from Fat: 90; Total Fat: 11g; Saturated Fat: 2g; Sodium: 250 mg;

Total Carbohydrate: 10g; Dietary Fiber: 0g; Added Sugars: 9g; Protein: 27g; Vitamin D: 0mcg; Calcium: 24mg; Iron: 1mg; Potassium: 258mg