

Grilled Mustard Chicken

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Servings: 12

Preparation Time: 50 minutes

Start to Finish Time: 3 hours 50 minutes

1/2 cup whole-grain mustard

1/2 cup Dijon mustard

1/2 cup apple juice

1/4 cup white vinegar

2 tablespoons olive oil

black pepper

10 pounds bone-in chicken pieces

2 medium yellowm onions, cut into 1/2-inch wedges

2 medium red onions, cut into 1/2-inch wedges

In a glass measuring cup or bowl, whisk together the whole-grain mustard, Dijon mustard, apple juice, vinegar, olive oil and 1/2 teaspoon of the pepper.

Divide the chicken, onions and marinade between two large resealable plastic bags. Refrigerate for at least three hours and up to eight hours.

Heat the grill to medium-low.

Remove the chicken from the marinade.

Grill the chicken, covered, turning occasionally, until cooked through, about 30 to 40 minutes.

When the chicken has 20 minutes remaining to cook, remove the onions from the marinade and place them on the grill. Discaard the marinade.

Grill the onions, turning occasionally, until tender and slightly charred, about 15 to 20 minutes.

Transfer the chicken and onions to a platter.

Serve warm or at room temperature.

Per Serving (excluding unknown items): 43 Calories; 3g Fat (54.2% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 126mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.