

Grilled Balsamic Chicken

Nancy Sullivan

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

2 1/2 pounds chicken quarters
1/4 cup chicken broth
balsamic vinegar
1/3 cup chopped scallions
2 tablespoons Dijon-style mustard
1 tablespoon minced garlic
1 tablespoon sugar
2 teaspoons Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon cracked black pepper

Rinse the chicken pieces and pat dry. Arrange the chicken in a shallow baking dish.

In a small bowl, combine the broth, vinegar, scallions, Dijon mustard, garlic, sugar, Worcestershire, dry mustard and pepper. Whisk to blend well. Pour the marinade over the chicken. Cover.

Refrigerate for at least twenty-four hours, turning occasionally.

Preheat the oven to 350 degrees.

Bring the chicken and marinade to room temperature.

Bake for 30 to 40 minutes.

Preheat a grill to medium-high (350 to 400 degrees).

Remove the chicken from the marinade.

Place the chicken on a prepared grill.

Cook for 5 to 6 minutes on each side until tender; baste with the marinade.

Remove the skin. Serve immediately.

Per Serving (excluding unknown items): 31 Calories; 1g Fat (15.3% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 168mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.