

Mustard and Beer Chicken

Carol Maxwell

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*2/3 cup coarse-grain
mustard
1/4 cup beer
4 cloves garlic, crushed
2 tablespoons olive oil
8 boneless/ skinless
chicken thighs*

In a bowl, combine the mustard, beer, garlic and oil.

Pat the chicken dry with paper towels. Trim excess fat. Season on both sides with salt and pepper to taste. Place the chicken between two sheets of wax paper or plastic wrap. Using a skillet or rolling pin, flatten to an even thickness.

Add the chicken to the marinade. Toss to combine. Set aside for 30 minutes or refrigerate for up to twelve hours.

Preheat the grill.

Scrape any excess marinade from the meat.

Grill the chicken, turning once, until cooked through, about 4 minutes per side.

Per Serving (excluding unknown items): 2018 Calories; 155g Fat (68.5% calories from fat); 143g Protein; 17g Carbohydrate; 2g Dietary Fiber; 632mg Cholesterol; 2733mg Sodium. Exchanges: 1 Grain(Starch); 19 Lean Meat; 1 Vegetable; 19 1/2 Fat.