

# **GRILLED ROSEMARY AND GARLIC CHICKEN BREASTS**

## **INGREDIENTS:**

**4 skinless, boneless chicken breasts halves**

**5 garlic cloves, minced**

**2 tablespoons minced fresh rosemary, or 1 teaspoon dried**

**1 tablespoon Dijon mustard**

**1 tablespoon fresh lemon juice**

**3/4 teaspoon salt**

**1/4 teaspoon ground pepper**

**4 tablespoons olive oil**

## **INSTRUCTIONS:**

- **Place chicken in glass baking dish and pat dry. In a small bowl, mix garlic, rosemary, mustard, lemon juice, salt, pepper, and olive oil until well blended. Brush both sides of chicken breasts with mixture. Marinate at room temperature for 30 minutes or in refrigerator if preparing earlier in day.**
- **Remove chicken from marinade and place on an oiled grill. Grill chicken, turning once, until done--about 8 to 10 minutes.**

## **NOTES:**

- **Tastes great the next day cold in a salad or on a sandwich.**
- **Serves 4.**

**Recipe from Lynda M.**