



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

GRILLED HONEY DIJON CHICKEN

3 pounds chicken tenders

1/3 cup fresh lemon juice

1/3 cup honey

3 tablespoons Dijon mustard

2 tablespoons reduced-sodium soy sauce

1 teaspoon dried rosemary

1. Place chicken in large freezer-weight reclosable plastic bag.
2. In 1-cup measure, whisk together lemon juice, honey, mustard, soy sauce and rosemary. Set ¼ cup aside in covered container and refrigerate.
3. Pour remaining marinade over chicken; seal bag and turn to coat chicken. Place bag on plate and marinate in refrigerator for several hours or overnight.
4. Preheat oven to 400 degrees F. Line jellyroll pan with heavy-duty foil. Coat both sides of wire cooling rack with no-stick cooking spray and place rack in prepared pan.
5. Remove chicken from bag; discard marinade in bag. Place chicken on wire rack.
6. Roast in 400-degree oven for 15 minutes. Turn chicken over and baste with ¼ cup marinade.
7. Roast until internal temperature is 165 degrees F.

Makes 6-8 servings.

