



SWEET MUSTARD CHICKEN THIGHS

Intermediate Lifestyle

INGREDIENTS

1/2 cup prepared mustard (use premium, such as Grey Poupon)
1/3 cup packed dark brown sugar (or brown Splenda)
1 TSP ground allspice
1/4 TSP crushed red pepper
8 (3-ounce) skinless, boneless chicken thighs
Cooking spray

INSTRUCTIONS

- Prepare grill.
- Combine first 4 ingredients in a small bowl, stirring well. Reserve and set aside 1/4 cup sauce mixture.
- Place chicken on grill rack coated with cooking spray. Brush half of remaining 1/2 cup sauce mixture over one side of chicken. Grill chicken 3 to 4 minutes.
- Turn chicken over; brush with remaining half of sauce mixture. Cook 3 to 4 minutes or until done.
- Place chicken on a serving platter; drizzle with reserved 1/4 cup sauce mixture.

SERVING INFO: (Serves 4)

2 chicken thighs + 1 TBS sauce = 1 P, 1/2 FT