

Spanish Spiced Rubbed Chicken w/Mustard-Green Onion Sauce

Sauce:

½ cup aged white wine vinegar

3 tbs Dijon mustard

1 cup extra virgin olive oil

Salt

Ground black pepper

½ cup thinly sliced scallions

3 tbs chopped flat leaf parsley

Nutritional Facts: Calories = 357

Protein = 19g, Carbs = 5g

Fiber = 2g, Fat = 24g

Sat. Fat = 4g

Rub:

3 tbs paprika

1 tbs ground cummin seeds

1 tbs ground mustard seeds

2 tsp ground fennel seeds

2 tsp ground black pepper

2 tsp kosher salt

Chicken:

8 Skinless chicken breasts

extra virgin olive oil

Salt

Spanish spice rub

Instructions: Heat Grill to medium

To make sauce: In a large bowl, whisk together the vinegar and mustard. Slowly whisk in the oil until emulsified and season with salt and pepper to taste. Fold in the scallions and parsley.

To make spanish spice rub: In a small bowl, mix together the paprika, cumin, mustard seeds, fennel seeds, pepper, and salt, and set aside.

To make chicken: Heat the grill to medium. Brush the chicken breasts with olive oil. Season each chicken breast with salt on both sides. Rub each chicken breast on the skin side with the spice rub and place on the grill, rub side down. Grill for 5-6 minutes or until slightly charred and a crust is formed. Turn chicken over, close the cover, and continue cooking for 6-7 minutes or until just cooked through. Spoon some mustard sauce onto a platter and place the chicken on top. Garnish with chopped parsley and serve the remaining sauce on the side.

Makes 8 servings

Source: The South Beach Diet Cookbook