

## Montreal Dijon Marinated Chicken

Zesty grilled chicken breast is a breeze with a simple 3-ingredient marinade of Montreal Chicken Seasoning, beer and Dijon mustard. To keep the chicken tender and juicy, use the reverse sear method – start on low heat until almost done, then crank up the heat for a quick char.

Prep Time: 10 minutes

Refrigerate: 30 minutes

Cook Time: 40 minutes

### Ingredients

3 tbsp (45 ml) **Club House La Grille Montreal Chicken Seasoning**

½ cup (125 ml) beer

2 tbsp (30 ml) Dijon mustard

2 lb (1 kg) boneless skinless chicken breasts

### Preparation

1. Mix seasoning, beer and mustard in small bowl. Reserve 2 tbsp (30 ml) for brushing. Place chicken in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavour.
2. Prepare grill for indirect medium-low heat (275°F to 300°F/135°C to 150°C). Preheat grill by turning all burners to medium. Turn off burner(s) on one side. Remove chicken from marinade and place on unlit side of grill. Discard any remaining marinade. Close grill.
3. Grill 30 to 35 minutes or until internal temperature of thickest part of chicken is 165°F (74°C), turning occasionally. Move chicken to lit side of grill. Brush with reserved marinade. Turn lit side of grill to high.
4. Grill, uncovered, 3 to 5 minutes longer or until chicken is charred.

Makes 8 servings.

**Note:** To maintain medium-low heat (275°F to 300°F/135°C to 150°C), keep lid closed and adjust lit burner as necessary. Directions were developed using a gas grill. Grills vary; cooking time is approximate.

**Nutrition Information Per Serving:** 130 Calories, Fat 1.5g, Saturated Fat 0.5g, Protein 25g, Carbohydrates 2g, Cholesterol 65mg, Sodium 740mg, Fibre 0g