
Zin-ful Grilled Chicken

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

Servings: 4

4 single breasts of chicken, skinned and boned

MARINADE

1/4 cup Dijon mustard

1/4 cup whole mustard seed

1/4 cup German mustard

1/4 cup Zinfandel wine

1/4 cup olive oil

1/4 cup unsweetened apple juice

juice of one lemon

1 shallot, sliced

In a bowl, combine all of the marinade ingredients. Whisk to blend. Marinate the chicken in the mixture for three hours.

Grill over a medium fire until crispy on the outside. Brush with the marinade while grilling. (Caution, this is a strong marinade, so you probably should not marinate the chicken for much more than three hours.)

Chicken

Per Serving (excluding unknown items): 144 Calories; 15g Fat (89.7% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 384mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.