

# Mustard Grilled Chicken



PREPARATION TIME  
15 minutes



COOKING TIME  
20 minutes



PERFECT PARTNER  
green beans



Turkey wings will also work well in this recipe. They are meaty and less expensive per pound than most white-meat chicken pieces. For an added bonus, grilled turkey has a rich, distinctive flavor.

## SHOPPING LIST

- Parmesan cheese • chicken
- Cheddar cheese • green onion

## ON HAND

- butter • Dijon mustard
- onion • flour • milk
- Worcestershire sauce

## INGREDIENTS

- 3 tablespoons butter, melted
- 1 tablespoon Dijon mustard
- 2 tablespoons grated Parmesan cheese
- 8 boneless chicken pieces (4 ounces each)

### CHEESE SAUCE:

- 2 tablespoons butter
- 2 tablespoons minced onion
- 2 tablespoons all-purpose flour
- 1 cup milk
- $\frac{3}{4}$  cup shredded Cheddar cheese
- $\frac{1}{2}$  teaspoon Worcestershire sauce
- 1 green onion, sliced (about 2 tablespoons)

SERVES 4

**COOK'N**  
*Express*

• In a pinch, you can make a quicker sauce with 1 pound processed American cheese. Melt cheese in a saucepan; stir in 1 chopped green onion,  $\frac{1}{2}$  cup milk and the Worcestershire sauce.

## Make Ahead

You can prepare the chicken, brushed with the mustard mixture, up to 4 hours ahead. Refrigerate until ready to use.

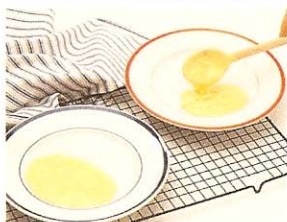
**VARIATION**  
For a Southwestern tang, add 1 tablespoon chopped green chiles to the cheese sauce in step 3.

- 1 Preheat grill or broiler.  
2 Combine 3 tablespoons butter, mustard and Parmesan in a small bowl. Brush chicken with mustard mixture.



- 2 Grease grill rack or broiler pan. Grill or broil chicken, turning and basting several times, until juices run clear when meat is pierced with a knife, about 20 minutes.

- 3 Meanwhile, melt butter in a saucepan over low heat. Add onion; cook until tender. Stir in flour. Add milk and cheese. Cook, stirring, until cheese melts, about 5 minutes. Add Worcestershire sauce.



- 4 Divide sauce evenly among individual serving plates. Top each with chicken. Sprinkle with green onion.