

Sweet and Spicy Grilled Chicken Breasts

Brown sugar gives these grilled chicken breasts a glistening glaze and caramel-like sweetness, while mustard powder and cayenne add an earthy kick. A crisp salad and some grilled corn completes the meal.

Ingredients:

4 (6-ounce) boneless, skinless chicken breasts
2 tablespoons dark brown sugar
2 teaspoons ground coriander
1½ teaspoons kosher salt

1½ teaspoons dry mustard powder
¼ teaspoon cayenne
1½ tablespoons extra-virgin olive oil, more as needed
4 tablespoons Dijon mustard
2 teaspoons minced fresh chives

Directions:

In a small bowl, combine sugar, coriander, salt, mustard powder and cayenne. Place chicken breasts in a bowl and rub well with spice mixture. Cover and refrigerate 1 to 2 hours. Remove chicken from fridge while you heat the grill.

Light the grill, building a hot fire, or heat your gas grill to high. Once grill is fully heated, brush breasts lightly with olive oil and place chicken on the grill. Cook until undersides are browned and chicken is about halfway cooked, 3 to 5 minutes. Flip breasts and grill until cooked through, 3 to 5 minutes more.

Transfer chicken to a platter. In a small bowl, whisk together mustard and chives. Whisk in 1½ tablespoons oil. Serve chicken with mustard for dipping.

