

# Starters, Sides, and Complements

## Honey Mustard Chicken Marinade

When it's grilling time, it's marinating time! Many store bought marinades tend to be higher in sugar and contain fake ingredients. Try this easy to make marinade next time you grill chicken.

### You'll Need

- $\frac{3}{4}$  cup brown mustard
- 1 cup dry white wine
- $\frac{3}{4}$  cup extra virgin olive oil
- $\frac{1}{4}$  cup honey
- 3 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 teaspoon dried minced onion

### Directions

- Combine all ingredients in a medium bowl.
- Pour the marinade over the chicken & let sit in a sealed container.
- Refrigerate for a couple hours turning the container every so often.
- Grill the chicken & enjoy.



### Play with Your Food

Experiment with different types of mustards. Spicy mustards work well to.