

Lemon Mustard Chicken

- 1 tablespoon grated lemon rind
- $\frac{3}{4}$ cup fresh lemon juice
- $\frac{1}{3}$ cup Dijon mustard
- $\frac{1}{4}$ cup chopped fresh *basil*
- 4 (6-ounce) bone-in chicken breast halves, skinned
- Vegetable cooking spray

Stir together first 4 ingredients; reserve $\frac{1}{2}$ cup. Place chicken in a large heavy-duty zip-top plastic bag; add remaining lemon juice mixture. Seal and chill 1 to 2 hours, turning chicken occasionally. Coat grill rack with cooking spray; place on grill. Remove chicken breasts from marinade. Place chicken breasts, bone side up, on grill. Grill, covered with grill lid, over medium-high heat (350° to 400°) 10 minutes. Turn chicken, and baste with reserved $\frac{1}{2}$ cup lemon mixture. Grill 30 to 40 more minutes or until done, turning and basting every 5 minutes with lemon mixture.

Serves 4.