

Molasses-Mustard Barbecued Chicken

adapted from [Cooking Club of America](#)

printed from [Smells Like Food in Here](#)

4 boneless skinless chicken breast halves

1/3 c molasses

3 tbsp whole-grain Dijon mustard

2 tbsp honey

2 tbsp thyme

1 1/2 tbsp cider vinegar

1 1/2 tbsp vegetable oil

1/2 tsp salt

1/4 to 1/2 tsp crushed red pepper

Place chicken breasts between 2 sheets of plastic wrap; with flat side of meat mallet, pound to flatten chicken to 1/2 inch.

In shallow glass or ceramic baking dish, stir together molasses, mustard, honey, thyme, vinegar, oil, salt and crushed red pepper.

Add chicken, turning to coat both sides. Refrigerate 2 to 4 hours.

Heat broiler; line broiler rack with foil if you like. Remove chicken from barbecue sauce; reserve sauce.

Broil chicken 4 to 6 inches from flame 8 to 10 16-18 minutes or until no longer pink in center, turning once and brushing with sauce halfway through.

Discard remaining sauce.