

Honey Mustard Chicken Sandwiches

Servings: 2

Adapted from Betty Crocker

Ingredients

1/8 cup Dijon mustard
1 tablespoon honey
1/2 teaspoon dried oregano
1/8 teaspoon ground red pepper (cayenne)
2 boneless skinless chicken breast halves (1 pound)
2 sandwich buns, split
2 slices tomatoes
5-6 fresh spinach leaves

Preparation

- 1) Heat coals or gas grill for direct heat.
- 2) Mix mustard, honey, oregano and red pepper. Brush on chicken.
- 3) Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, brushing frequently with mustard mixture and turning occasionally, until chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining mustard mixture.
- 4) Serve chicken on buns with tomato and spinach.

Italian Green Beans

Servings: 2

From: Cassie White

Ingredients

1/2 lb skinny green beans
1/2 onion, sliced
1 tablespoon olive oil
Pinch of salt
Pinch of pepper
Pinch of Italian Seasoning
Pinch of sugar
1 tablespoon of grated Parmesan cheese

Preparation

- 1) Boil beans in water to clean
- 2) While they are boiling, sauté onion in olive oil. When the onions are translucent, rinse the beans and then add them to the onions.
- 3) Add salt, pepper and Italian seasoning. Cook about 5-7 minutes, sprinkle sugar over top and stir.
- 4) Top with Parmesan cheese and serve.