



## Honey Mustard Grilled Chicken

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### INGREDIENTS:

Dijon Mustard	1/3 Cup
Honey	1/4 Cup
Mayonnaise	2 tbsp
Steak Sauce	1tsp
Skinless, Boneless Chicken Breast	4 Halves

### INSTRUCTIONS

Preheat the grill for medium heat. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat. Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!

### Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	266
Fat (g)	8.3
Carbohydrates (g)	22
fiber (g)	0.1
Cholesterol (mg)	70
Protein (g)	24.7



## Honey-Lime Granola with Almonds

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### INGREDIENTS:

Rolled Oats	3 cups
Sliced Almonds	1 cup
Wheat Germ	1/4 cup
Shredded Unsweetened Coconut	1/2 cup
Oat Bran	1/2 cup
Flax Seeds	3 tbsp
Honey	1/2 cup
Vegetable Oil	1/4 cup
Frozen Limeaid Concentrate	2 tbsp
Salt	1/2 tsp
Vanilla Extract	1 tsp
Lime Zest and Juice	1

### INSTRUCTIONS

Preheat an oven to 250 degrees F (120 degrees C). Lightly grease a foiled-lined baking sheet. Mix oats, almonds, wheat germ, coconut, oat bran, and flax seeds together in a large bowl. Whisk together honey, vegetable oil, limeade concentrate, salt, vanilla, lime zest, and lime juice in a separate bowl. Pour lime mixture into the oat mixture and stir well. Spread oats on to the prepared pan. Bake in the preheated oven until golden brown and lightly crispy, about 1 hour and 30 minutes, stirring every 15 minutes. Remove from the oven and allow to cool. Store in an airtight container at room temperature.

### Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	208
Fat (g)	10.6
Carbohydrates (g)	26.3