



## Basil Mustard Roasted Chicken

Serves 6

2 4-pound free-range organic chickens, whole	1/4 cup honey
2 cups fresh basil leaves, minced	1/4 cup red wine
2 tablespoons fresh thyme leaves, minced	1/2 cup Dijon mustard
1 tablespoon fresh rosemary leaves, minced	1/2 cup whole-grain mustard
4 garlic cloves, minced	2 tablespoons kosher salt
1/4 cup yellow onion, minced	2 tablespoons ground black pepper
	1 tablespoon ground cumin
	Juice of 2 fresh lemons

1. Cut chickens into breast, thigh and leg sections.
2. Combine all other ingredients and coat the chicken.
3. Marinate in refrigerator for two days.
4. Remove chicken from marinade and grill on a medium-hot grill, turning frequently until cooked through (165°F internally).

### Want more?

✉ For more recipes, subscribe to THF OnLiving at [thehenryford.org/enews](http://thehenryford.org/enews).

For nutrition and wellness tips, visit <http://www.beaumont.org/health-wellness>