

Sweet and Spicy Chicken

Ingredients:

| Amount | Unit | Item | Preparation |
|----------------|-----------------------|-------------------------------|--|
| (1,.50 , 8) | (cup, Tbsp, g, ml) | (egg, chaya leaves, sugar) | (crushed, diced, whole) |
| 2 | tsp | chili powder | |
| 2 | tsp | Dijon-style mustard | |
| 1 | tbsp | brown sugar or honey | |
| 1 | tbsp | vinegar | |
| 1/4 | tsp | hot sauce (optional) | |
| 1 | whole | chicken | cut up (or chicken pieces to feed 4 people) |
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Recipe Instructions:

- 1. Combine seasonings in a pie plate or bowl and stir to mix.
- 2. Add chicken pieces and turn them over in the mixture to coat them completely.
- 3. Broil, bake (400 $^{\rm o}$ F.) or grill the chicken outdoors until cooked through.
- 4. Boneless skinless chicken breasts take about 10 minutes under the broiler or on the grill (5 minutes per side).
- 5. Bone-in legs and thighs will take about 25 minutes on the grill or under the broiler, so turn them 2 or 3 times to prevent burning.

http://edn.link/6hck4f