

Provençal Marinade For Chicken

Makes enough marinade for 6-8 pieces of chicken

1/2 C. Dijon mustard

1/4 C. balsamic or red wine vinegar

1/4 C. fresh lemon juice

6 garlic cloves minced or pressed

2 T. fresh basil, fresh rosemary, & lavender flowers chopped (herbes de provence)

1 C. olive oil

Combine the above and mix into the chicken pieces using a non metal container. Marinate at room temperature for 2 hours or in refrigerator overnight. Return the chicken to room temperature before grilling.