

Honey Mustard Chicken

Gayle Masters

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*1/2 cup honey mustard
1 pound boneless/ skinless
chicken breasts
3 tablespoons teriyaki
sauce*

In a bowl, combine the mustard and teriyaki sauce. Reserve 1/3 cup of the sauce for basting.

Add the chicken to the remaining sauce, stirring to coat well. Cover.

Refrigerate for one to two hours.

Grill or broil four to six inches from the heat for 6 minutes on each side or until done, basting frequently with the reserved sauce.

Per Serving (excluding unknown items): 40 Calories; 2g Fat (42.9% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 926mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.