

Honey Mustard Chicken II

Pat Sewell

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Servings: 4

1/4 cup butter, melted

1/4 cup honey

1/4 cup Dijon mustard

1/4 teaspoon salt

2 pounds (8 halves)

*boneless/ skinless chicken
breasts*

parsley (for garnish)

Preheat the oven to 375 degrees.

In a bowl, combine the butter, honey, Dijon mustard and salt. Mix well.

Dip the chicken into the honey mixture, coating all sides. Place the chicken in a greased 13x9x2-inch baking dish. Pour any remaining sauce over the chicken.

Bake, uncovered, for one hour.

Serve on a bed of rice. Garnish with parsley.

Per Serving (excluding unknown items): 177 Calories; 12g Fat (58.6% calories from fat); 1g Protein; 18g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 439mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Fat; 1 Other Carbohydrates.