
Pecan Crusted Chicken II

Toni Jacobs

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1/2 cup glazed pecans, finely chopped

1/2 cup bread crumbs

4 (approx. 1-1/2 pounds total) skinless/ boneless chicken breasts

1/4 cup honey mustard

Preheat the oven to 400 degrees.

Using a food processor, grind the pecans into fine crumbs. Transfer to a wide shallow bowl. Stir in the bread crumbs.

Coat each chicken breast with honey mustard, then coat with the pecan mixture. Place the breasts on a nonstick baking sheet.

Bake in a 400 degree oven for approximately 20 minutes or until the juices run clear.

Chicken

Per Serving (excluding unknown items): 270 Calories; 8g Fat (24.4% calories from fat); 11g Protein; 43g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1282mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat.