

Baked Honey Mustard Chicken

Nutrition Facts:	
Yield	6
Calories	232
Fat	3.7 g
Sodium	296 mg

Code
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Ingredients Needed:

6 skinless, boneless chicken breast
½ cup honey
½ cup mustard
1 tsp. dried basil
1 tsp. paprika
½ tsp. dried parsley

Recipe Directions:

- Preheat oven to 350 degrees.
- Place chicken breast in a lightly greased 9X13 inch baking dish. In a small bowl, combine the honey, mustard, dried basil, paprika, and parsley. Mix well. Pour ½ of mixture over chicken, brush to cover.
- Bake in preheated oven for 30 minutes. Turn chicken pieces over and brush with remaining ½ of the honey mustard mixture. Bake for an additional 10-15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.