Glazed Microwave Chicken

**Ingredients**
- 4 boneless/skinless chicken breasts
- 2 teaspoons paprika
- 8 thin lemon slices
- 1/4 cup honey
- 1/4 cup spicy brown mustard
- 1 teaspoon onion powder
- 1 teaspoon lemon juice
- 1 teaspoon curry powder

**Directions**
1. Sprinkle chicken breasts with paprika, then top with lemon slices.
2. Place in microwave dish, cover loosely with wax paper, and microwave for about 8-10 minutes, turning dish halfway through cooking. Drain liquid from dish.
3. In a small microwave bowl, mix remaining ingredients. Microwave the sauce for 2 minutes, until warmed.
4. Spoon sauce over chicken and microwave for about 2 minutes.

Makes 4 servings

Nutrition information per serving
- calories 286, fat 3.2g, 10%
- calories from fat, cholesterol 106mg, protein 43.2g
- carbohydrates 20.9g, fiber 1.3g, sugar 17.8g, sodium 316mg