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: 106mg, Cholesterol: 106mg
- Protein: 43.2g, Carbohydrates: 20.9g, Fiber: 1.3g, Sugar: 17.8g, Sodium: 316mg