

Glazed Microwave Chick-

IOWA

Student Wellness

Ingredients

4 boneless/skinless chicken breasts	1/4 cup spicy brown mustard
2 teaspoon paprika	1 teaspoon onion powder
8 thin lemon slices	1 teaspoon lemon juice
1/4 cup honey	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
sodium