

Chicken

Simply Seasoned Chicken

Taste of Home Simple & Delicious - August 2011

Servings: 2

Start to Finish Time: 30 minutes

2 5-ounce boneless skinless chicken breast halves

2 tablespoons Dijon mustard

1 tablespoon honey

1/3 cup dry bread crumbs

1/2 teaspoon garlic powder

1/2 teaspoon seasoned salt

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1/2 teaspoon paprika

1 tablespoon canola oil

1 tablespoon butter

Flatten the chicken to 1/4-inch thickness.

In a shallow bowl, combine the mustard and honey.

In another shallow bowl, combine the bread crumbs and seasonings.

Dip the chicken in the mustard mixture and then coat with the crumb mixture.

In a large skillet over medium heat, cook the chicken in the oil and butter for 5 to 6 minutes on each side or until a meat thermometer reads 170 degrees.

Per Serving (excluding unknown items): 388 Calories; 16g Fat (37.6% calories from fat); 36g Protein; 24g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 835mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 3 Fat; 1/2 Other Carbohydrates.