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# Honey Pecan Chicken

Laura Love

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**2 pounds chicken breasts, skinless**  
**1/4 cup honey**  
**2 tablespoons Dijon mustard**  
**3/4 teaspoon paprika**  
**1/8 teaspoon garlic powder**  
**1 1/4 cups crushed cornflakes (approx. 4 cups uncrushed)**  
**1/2 cup pecans, chopped**  
**cooking spray**

Preheat the oven to 400 degrees.

Sprinkle salt and pepper evenly over the chicken. Set aside.

In a small bowl, combine the honey, mustard, paprika and garlic powder. Stir well. Combine the cornflakes and pecans in a shallow dish. Stir well. Brush both sides of the chicken with the honey mixture. Dredge in the cornflake mixture. Place the chicken pieces on a large baking sheet coated with cooking spray. Lightly coat the chicken with cooking spray.

Bake in a 400 degree oven for 40 minutes.

## Chicken

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*Per Serving (excluding unknown items): 1897 Calories; 105g Fat (49.6% calories from fat); 158g Protein; 83g Carbohydrate; 6g Dietary Fiber; 465mg Cholesterol; 1371mg Sodium. Exchanges: 1/2 Grain(Starch); 22 1/2 Lean Meat; 7 Fat; 5 Other Carbohydrates.*