

Pecan Crusted Honey Dijon Chicken



Sweet and salty, this is great as a main dish, chopped up for a salad or on a sandwich

Serves 4

4 boneless, skinless chicken breasts	pinch cayenne pepper
2T Dijon mustard	1/4c pecans, chopped
3~4T honey	non~stick cooking spray

Preheat oven to 350. Place chicken in baking dish sprayed with non~stick cooking spray.

Mix together Dijon mustard, honey and a pinch of cayenne pepper. Brush all over chicken and top with chopped pecans.

Bake 25~30 minutes or until juices run clear when pierced with a fork. Remove from oven and allow to rest 5 minutes before slicing.

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The Meijer logo consists of the word "meijer" in a bold, lowercase, sans-serif font. The letters "i" and "j" are blue, while the other letters are red.

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