

Pecan Crusted Honey Dijon Chicken



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

4 boneless, skinless chicken breasts

heavy pinch cayenne pepper

2T Dijon mustard

1/4c pecans, finely 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 cayenne pepper. Brush all over chicken and top with chopped pecans.

Bake 22~25 minutes or until juices run clear when pierced with a fork. Remove from oven and allow to rest 5 minutes before slicing.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com