

## Honey Pecan Chicken

### INGREDIENTS:

¼ t	salt
¼ t	pepper
2 lb	chicken breasts, skinless (4 oz each)
¼ C	honey
2 T	Dijon mustard
¾ t	paprika
1/8 t	garlic powder
1 ¼ C	crushed cornflakes (about 4 cups uncrushed cereal)
½ C	chopped pecans
	Cooking spray

### DIRECTIONS:

Preheat oven to 400 degrees F. Sprinkle salt and pepper evenly over chicken; set aside. Combine honey, mustard, paprika, and garlic powder in a small bowl; stir well. Combine cornflakes and pecans in a shallow dish; stir well. Brush both sides of chicken with honey mixture; dredge in cornflake mixture. Place chicken pieces on a large baking sheet coated with cooking spray. Lightly coat chicken with cooking spray and bake at 400 degrees for 40 minutes or until done.

Makes 8 servings.  
Calories: 294/serving

### NUTRITIONAL INFORMATION PER SERVING:

30g protein  
23g carbohydrates  
9g fat  
315 mg sodium  
78mg cholesterol  
2 g fiber