

LEMON-HONEY GLAZED CHICKEN

Source: Reader's Digest 5/02

INGREDIENTS

4 Fresh boneless, skinless chicken breasts
1 tsp paprika
8 thin lemon slices
1/3 C honey
1/3 C spicy brown mustard
1 tsp dried onion
1/2 tsp lemon juice
1/4 tsp curry powder
Cooked yellow rice

DIRECTIONS:

Rinse chicken with cold water, pat dry & sprinkle with paprika. Place 2 lemons slices on each piece of chicken and arrange in circle in round microwaveable dish. Cover with waxed paper - microwave on high 6-7 minutes or till done, rearranging chicken after 4 minutes. Let stand 2 minutes. Remove to serving dish when done. Cover & keep warm.

In small microwaveable bowl, combine honey, mustard, onion, lemon juice & curry powder. Microwave on high 3 minutes or till bubbly. Spoon sauce over chicken & serve with yellow rice + 1 or 2 favorite vegetables.

Serves: 4