

Honey Mustard Chicken



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

small mixing bowl

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Contributed By:

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36

ounces

chicken breast, (6 ounces each) boneless and skinless

(1

kg)

²?₃

cup

Dijon mustard

(150

g)

1

large

yellow onion, processed, use Cone #3

¹?₂

cup

honey

(170

g)

¹?₄

cup

cold water

(60

mL)

1

tablespoon

cornstarch

(8

g)

1

tablespoon

fresh parsley, finely chopped

(4

g)

Directions:

1. Preheat covered electric skillet to 350°F/175°C. Arrange chicken, skin side down, in hot electric skillet in a single layer. Chicken will stick.
2. In a small bowl, mix garlic and mustard. Divide and spread a portion on each chicken breast half. Top with onion slices.
3. Drizzle honey over onions. Cover, immediately reduce temperature to 250°F/120°C and cook 18-20 minutes, until chicken is done (185°F/85°C on a meat thermometer).
4. Meanwhile, in a small bowl, blend cornstarch into water until dissolved.
5. Remove chicken to platter and cover with electric skillet cover to keep warm, leaving chicken juices in the skillet.
6. Increase temperature to 350°F/175°C and cook until juices begin to bubble. Add cornstarch mixture and cook, stirring constantly until thickened.
7. Return chicken to electric skillet, browned side up. Spoon some sauce over each piece.
8. Sprinkle with parsley and serve from electric skillet, if desired.

Tips:

- Serve on bed of lettuce to add color and nutrition.
- Slice cold leftover chicken breast across the grain, 1/8 to 1/4 inch thick. In electric skillet over medium heat, cover and reheat chicken slices with leftover sauce. Serve on hard rolls or whole grain bread.

Nutritional Information per Serving

Calories:

308

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

99mg

Sodium:

447mg

Total Carbs:

28g

Dietary Fiber:

1g

Sugar:

24g

Protein:

41g