

Honey Mustard Chicken



Makes:

6 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet
small mixing bowl

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Recipe:

Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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36 ounces
chicken breast, (6 ounces each) boneless and skinless
(1
kg)
 $\frac{2}{3}$ cup
Dijon mustard
(150
g)
1 large
yellow onion, processed, use Cone #3
 $\frac{1}{2}$ cup
honey
(170
g)
 $\frac{1}{4}$ 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 28g
Carbs:
Dietary Fiber: 1g
Sugar: 24g
Protein: 41g