

## Glazed Microwave Chicken

### *What you need:*

- 4 boneless and skinless chicken breasts
- 2 tsp. paprika
- 8 thin lemon slices
- 1/4 cup honey
- 1/4 cup spicy brown mustard
- 1/4 tsp. onion powder
- 1 tsp. lemon juice
- 1 tsp. curry powder



### *All you do:*

1. Sprinkle chicken breasts with paprika and then top with lemon slices.
2. Place in microwave dish, cover loosely with wax paper, and microwave for about 8-10 minutes, turning dish halfway through cooking. Remove chicken from dish (leave behind any liquid).
3. In a small microwave bowl, mix remaining ingredients. Microwave the sauce for 2 minutes.
4. Spoon sauce over chicken and microwave again for about 2 minutes, or until the glaze is hot and a fork can be inserted into the chicken with ease.

Per serving: calories 286, fat 3.2g, 10% calories from fat, cholesterol 106mg, protein 43.2g, carbohydrates 20.9g, fiber 1.3g, sugar 17.8g, sodium 316mg,