

Honey Baked Chicken

2	tablespoons sesame seeds	3	tablespoons honey
1/4	cup Dijon mustard	1/4	cup dry sherry or dry white wine
1	tablespoon lemon juice		
3	whole chicken breast (about 1 lb. each)		
	skinned, boned, and split		

Toast sesame seeds in a small frying pan over medium heat until golden (3 to 5 minutes), shaking pan frequently. Pour into a bowl; stir in honey, mustard, sherry, and lemon juice.

Rinse chicken and pat dry; arrange pieces slightly apart in a 9-by13 inch baking dish.

Pour sesame sauce evenly over chicken. Bake in a 400 degree oven, basting several times with pan juices, until meat in thickest part is no longer pink; cut to test (15 to 20 minutes).

Transfer chicken to warm plates; pour pan juices into a bowl and pass at the table.