



Sweet And Nutty Chicken

- 1 packet **Honey Apple Pecan Dip Mix**, (unprepared)
- 4 chicken breasts, boneless/skinless (halves)
- 2 Tbls. vegetable oil; *or* 2 Tbls. melted butter or oleo, cooled slightly
- 1/4 cup prepared yellow (salad) mustard
- 1 tsp. curry powder
- 1/2 tsp. salt
- 1/2 cup water



Place all ingredients EXCEPT CHICKEN in a large, heavy plastic bag; close bag. Using hands, “squish” ingredients inside of bag to mix together. Open bag, add chicken and mix slightly so chicken is coated. Allow to marinate 2 to 24 hours. When ready to bake, preheat oven to 400°. Grease 13x9-inch baking pan and place chicken in a single layer in pan. Pour any remaining sauce evenly over chicken, cover with foil and bake 30 minutes. Remove foil, baste chicken with sauce and continue baking uncovered for approximately 15 to 30 minutes longer, or until chicken is completely cooked.

Serve with rice.



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