

## Honey Lemon Chicken

### Ingredients:

4 boneless, skinless chicken  
 breasts  
 1/3 cup flour  
 1/3 cup honey  
 1/4 cup lemon juice

### Equipment:

Shallow plate  
 Small Bowl  
 Baking sheet  
 Measuring cups  
 Basting brush

Number of Servings: 4  
 Prep Time: 5 minutes  
 Total Time: 45 minutes

### Directions

1. Preheat oven to 375°F. Spray a cooking sheet with non stick cooking spray. Set aside.
2. Sprinkle flour in a shallow plate.
3. Dredge chicken breasts in flour. Place chicken on a cooking sheet. Be sure to wash hands after handling chicken.
4. Bake at 375°F. for 30 minutes.
5. Meanwhile, mix together honey and lemon juice in a small bowl.
6. Remove chicken from oven and baste chicken with lemon juice and honey mixture.
7. Bake for an additional 10 minutes.
8. Chicken is done when the internal temperature reaches 165°F.

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### Nutrition Facts

Serving Size: 1 breast half  
 Servings: 4

Amount Per Serving		Calories from Fat 18	
		%Daily Value*	
<b>Total Fat</b> 2g			2%
Saturated Fat trace 1g			2%
<b>Cholesterol</b> 68mg			23%
<b>Sodium</b> 78mg			3%
<b>Total Carbohydrate</b> 33g			11%
Dietary Fiber trace 1g			2%
<b>Protein</b> 28g			57%
Vitamin A 1%	Vitamin C 14%		
Iron 8%	Calcium 2%		

\*Percent Daily Values are based on a 2,000 calorie diet.

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