

Honey Mustard Chicken Skewers

A crowd pleaser!

Ingredients

2 Tbls brown deli mustard
1 Tbls honey
¼ tsp salt
1/8 tsp onion powder
2 pounds boneless, skinless chicken breasts
Bamboo skewers



Directions

1. Preheat the oven to 400 degrees and spray a sheet pan with cooking spray.
2. In large bowl, combine the mustard, honey, salt, and onion powder. Add chicken to the bowl and toss to coat.
3. Place coated chicken breasts on the sheet pan, and top with any remaining sauce. Bake for 25 minutes or until breasts are no longer pink and the juices run clear.
4. Remove chicken from oven and let cool 5-10 minutes before cutting lengthwise into 1 inch strips. Thread each cooked chicken strip onto a skewer.
5. Lightly grill each skewer for a minute before serving or return to oven for 5 minutes to ensure that they are hot.

Note: Soak skewers for 30 minutes to prevent burning.

Makes 6 servings

Nutrition Facts:

Calories 275

Total Fat 6.5g

Effective Carbohydrates 4g

Dietary Fiber .5g

Protein 48g

From The Good Carb Chef