

Herb Seasoned Chicken Breast

Ingredients:

- 1 6-7oz cleaned raw chicken breast
- 1 Tablespoon of reserved honey mustard from cabbage prep
- 1 Tablespoon of olive oil
- 2 Tablespoons of bread crumbs
- 1 Teaspoon of fresh parsley, thyme

Preparation:

In a heated skillet begin to bring olive oil to a smoking point. Season chicken with desired seasons including salt and/or pepper and/or granulated garlic. Place chicken breast in skillet and lightly brown both sides on medium high heat. Remove chicken with smooth side up and lightly brush with honey mustard and sprinkle the herbs and breadcrumbs over top. Finish in oven cooking at 350 degrees with internal temperature of 160+ degrees.

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	399
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2.2g	11%
Cholesterol 109mg	36%
Sodium 261mg	11%
Total Carbohydrate 16.2g	6%
Dietary Fiber 0.9g	3%
Total Sugars 3.9g	
Protein 38g	
Vitamin D 0mcg	1%
Calcium 48mg	4%
Iron 2mg	9%
Potassium 680mg	14%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</i>	

