




Chicken Dijon

- Ingredients:**
- 4 boneless, skinless chicken breasts
 - ½ teaspoon salt
 - ¼ teaspoon pepper
 - 2 tablespoons butter, melted
 - 2 tablespoons mustard
 - 1/8 teaspoon garlic powder
 - 2 teaspoons Italian seasoning
 - nonstick cooking spray



Shopping List:

- chicken
- salt
- pepper
- butter
- mustard
- garlic powder
- Italian seasoning
- nonstick cooking spray

- Equipment:**
- measuring spoons
 - covered baking dish (or baking dish and aluminum foil)
 - small bowl
 - mixing spoon
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Directions:

1. Heat oven to 350°F.
2. Place chicken in baking dish that has been sprayed with nonstick cooking spray.
3. Combine remaining ingredients in a small bowl.
4. Mix well and spread over chicken.
5. Cover and bake for 45 minutes or until a meat thermometer reads 180°F.

This recipe takes 10 minutes plus 45 minutes to bake. Makes 4 servings at about \$1.75 per serving. Serving Suggestion: Serve over rice or noodles.



Cooking Tips:

Brown rice is rice that does not have the hull. It comes in long, medium and short grains. Cooked brown rice has a chewy texture and a nutty flavor. The color of brown rice comes from the bran that has a lot of vitamins and minerals. Brown rice takes a little bit longer to cook than white rice. It also does not keep as long on the shelf because of the oil in the germ of the rice. Store cooked rice in the refrigerator.

Nutrition Facts	
Serving Size 1 chicken breast	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	22%
Cholesterol 150mg	51%
Sodium 630mg	26%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 55g	
Vitamin A 6%	• Vitamin C 6%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	