

Honey-Mustard Chicken

SAMPLE



PREPARATION TIME

10 minutes



COOKING TIME

30 minutes



PERFECT PARTNER

green beans



Pound for pound, whole chickens cost less than cut-up pieces—but you can save money buying cut-up chicken in large portions or “family-packs.” Divide chicken into recipe-size servings; freeze until needed.

SHOPPING LIST

- cut-up chicken
- orange
- fresh dill

ON HAND

- honey • Dijon mustard

Honey-Mustard Chicken

INGREDIENTS

- 1/3 cup Dijon mustard
- 1/3 cup honey
- 2 tablespoons chopped fresh dill or 1 tablespoon dried dill
- 1 teaspoon freshly grated orange peel
- 1 (2 1/2-pound) chicken, quartered

SERVES **4**

COOK'N
Express

- For an even speedier meal, use skinless chicken breasts. Broil chicken, turning once, until no longer pink, about 15 minutes.
- Make measuring honey easier by spraying the measuring cup with vegetable cooking spray. The honey will not stick to the cup.

Make Ahead

Make the honey-mustard sauce ahead of time as directed in step 1. Keep refrigerated until ready to use. Store in an airtight container for up to 1 week.

♦ VARIATION

Give the chicken a wonderful tangy taste by adding 2 tablespoons of orange marmalade to the sauce.

- 1** Preheat oven to 400°F. Combine mustard and honey in a small bowl. Stir in dill and orange peel.



- 2** Line a baking sheet with foil. Place chicken, skin-side down, on prepared pan. Brush sauce on top of chicken; coat well.

- 3** Turn chicken over. Gently pull back skin and brush meat with sauce. Gently pull skin back over sauce.



- 4** Brush skin with remaining sauce. Bake until juices run clear when thickest portion of meat is pierced with a knife, about 30 minutes.