

## Mustard Crust Chicken

Makes 5 servings

1 T chopped garlic  
1 T dijon mustard  
1 T red wine vinegar  
1 T light soy sauce  
1 T Olive Oil  
1 t hot sauce  
1 t Mrs. Dash  
1/4 t salt  
2 boneless skinless chicken breasts  
1 cup water



Preheat oven to 450°F. Combine garlic, mustard, vinegar, soy sauce, olive oil, hot sauce, Mrs. Dash, and salt in a bowl. Heat a shallow nonstick pan on medium heat for 2 minutes. While pan is heating place spread half the sauce on the chicken. When pan is heated place chicken in the pan sauce side down. Spoon the remainder of the sauce evenly over the chicken. Heat on stove top for about 5 minutes, add the cup of water, then place the pan in the oven for about 20 minutes. Remove pan from oven using a hot mitt and check internal temperature, ensuring the chicken is at least 165°F.

Nutrition information (per taco): 230 calories, 7g fat, 35g protein, 2g carbohydrate, 350mg sodium, 0g dietary fiber.

