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Chicken Breasts in Curry-Honey-Mustard Sauce

- 4 Skinless chicken breasts
- 2 Tbsp margarine
- 1/4 Cup prepared mustard
- 1/3 Cup honey
- 4 Tsp curry powder
- 1/4 Tsp cayenne pepper
- 1/4 Tsp cumin

- 1) Melt the margarine in an ovenproof pan.
- 2) Add honey, mustard, curry powder, cayenne pepper and cumin; mix well.
- 3) Add the chicken breasts and make sure they are covered by the sauce.
- 4) Cover and marinate in the refrigerator for 4 hours or more.
- 5) Preheat oven to 375° F.
- 6) Remove from refrigerator and bake covered for 10-15 minutes.
- 7) Remove cover and bake 10-15 minutes more until done and juices run clear.
- 8) Baking time will depend on the thickness of the chicken breasts.

Makes 4 Servings

