

Honey Mustard Crusted Chicken Breast with Pecans

Servings : 4

Amount	Measure	Ingredient - Preparation Method
4		4 oz boneless skinless chicken breast halves
3	tablespoons	dijon mustard
1 1/2	tablespoons	honey
1/3	cup	melted butter
1	cup	bread crumbs
1	teaspoon	dried basil
1/2	teaspoon	dried thyme
1/2	teaspoon	dried oregano
1	cup	pecan - finely chopped
1		lemon - cut into 4 wedges
		salt and pepper

Preheat oven to 400. Cover a sheet pan with aluminum foil and lightly butter.

In a small bowl, whisk together mustard, honey, and butter. Brush chicken breasts with mixture then season with salt and pepper.

In a shallow dish combine the breadcrumbs, basil, thyme, oregano, pecans, salt and pepper. Press chicken to coat, then repeat on other side.

Place chicken on pan and bake about 25 minutes.

Allow to rest for 5 minutes; serve with lemon.