

# HONEY-PECAN CHICKEN BREASTS

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **2**

## INGREDIENTS

*2 boneless, skinless chicken breast halves  
(6 ounces each)  
3 tablespoons honey  
2 tablespoons finely chopped pecans  
1 tablespoon butter  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/8 teaspoon pepper  
1/8 to 1/4 teaspoon cayenne pepper*



## INSTRUCTIONS

Pound chicken with a meat mallet to 1/2-inch thickness. Sprinkle with seasonings. In a large nonstick skillet, heat butter over medium heat; brown chicken on both sides. Cook, covered, until chicken is no longer pink, 6-8 minutes, turning once. Drizzle with honey, and sprinkle with pecans. Cook, covered, until chicken is glazed, 2-3 minutes. Pair with a spinach salad or your favorite vegetable!