

honey-mustard glaze

In microwave-safe small bowl, stir 2 tablespoons Dijon mustard with seeds, 2 tablespoons honey, and $\frac{1}{2}$ teaspoon dried thyme (or 2 teaspoons minced fresh thyme leaves). Cook, uncovered, in microwave oven on High 30 seconds, stirring once.

>> Each serving chicken with glaze: About 375 calories, 39 g protein, 10 g carbohydrate, 19 g total fat (5 g saturated), 0 g fiber, 152 mg cholesterol, 155 mg sodium.