


microwave-spiced glaze

In microwave-safe sm  bowl or glass measuring cup, stir 3 tablespoons honey, 1 tablespoon fresh lemon juice, 1/2 teaspoon ground cinnamon, and 1/2 teaspoon ground cumin until blended. Cook, uncovered, in microwave oven on High 1 minute, stirring once.

>> Each serving chicken with glaze: About 380 calories, 38 g protein, 14 g carbohydrate, 19 g total fat (5 g saturated), 0 g fiber, 152 mg cholesterol, 115 mg sodium.