

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Pecan-Crusted Chicken

From *Everyday Paleo* by Sarah Fragoso

### Ingredients

- 1/2 cup spicy brown mustard
- 2 Tbs raw organic honey (optional)
- 1 cup pecans (crushed)
- 4 boneless, skinless chicken breasts

### Instructions

Preheat oven to 350 degrees. In a medium-sized mixing bowl, whisk together the mustard and honey. Toss the pecans in a food processor and pulse until the nuts are finely chopped.

Pour the chopped pecans into a large bowl and set aside.

Using a paper towel, remove any excess moisture from the outside of the chicken breasts. Taking one chicken breast at a time, roll the chicken in the mustard-honey mixture and coat on both sides.

Transfer the coated chicken into the chopped pecans and again cover both sides.

Place the crusted chicken into a greased glass baking dish and sprinkle each chicken breast with just a little sea salt of desired.

Bake 45 minutes or until the chicken juices run clear.