

Pecan Chicken

Unit: Large Skillet or Electric Skillet

Meat Items

4 - Boneless Skinless Chicken Breasts
1/3 - Cup Finely Chopped Pecans
2 - Tablespoon Dijon Mustard

Sauce

1 - Tablespoon Dijon Mustard
1/4 - Cup Maple Syrup
1/2 - Teaspoon Thyme
1/2 Teaspoon Paprika
1/2 Teaspoon Salt

First pre-heat the skillet on medium-high heat for approximately 5-7 minutes. (400 on the electric skillet — until water beads like mercury when sprinkled in the hot skillet) Next cook the chicken for 5 minutes or until it releases from the unit. (350 on the electric skillet)

Turn over the breasts, top each piece with dijon mustard and then with pecans. Place cover on with the valve below the knob closed and cook for approximately 10 minutes on medium-low heat. (275 on the electric skillet)

Finally, combine sauce ingredients in a small sauce pan and cook until heated. (About 3-5 minutes) Serve the chicken with the sauce poured over it.