



Honey Dijon Chicken
by Marian Hanigan

1/3 cup of Honey
1/3 Cup of Dijon Mustard
2 ½ to 3 lbs of Chicken cut in bite sized pieces
Cooked Rice

Mix honey and Dijon mustard together. Pour over cut up pieces of chicken and sauté them in a pan while the rice cooks. Then serve the chicken and sauce over the rice.

<http://www.lincolntent.com/GFCF-Poultry.html>