



Honey Mustard Chicken

20 oz can pineapple
4 boneless skinless chicken breasts
2 teaspoon vegetable oil
dash garlic
1 teaspoon thyme
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup Dijon mustard
2 Tablespoons Oil

Cut up chicken. Mix garlic thyme, salt and pepper rub on chicken. Brown chicken in hot oil Combine mustard, honey 2 Tablespoons of pineapple juice pour over chicken and simmer 15 min. Stir in pineapple Cook until Chicken is done and pineapple is heated through 5 to 10 min. If too thin can thicken with cornstarch.

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