

Broiled Lemon Honey Chicken Breast

Last Updated Tuesday, 18 December 2007

Healthy Choice - Broiled Lemon Honey Chicken Breast Ingredients: 1/4 cup honey 1/4 cup lemon juice 2 teaspoons vegetable oil 1 teaspoon rosemary, crushed 1 teaspoon grated lemon peel 1/2 teaspoon salt 1/8 teaspoon pepper 4 (3-1/2 to 4 oz. each) boneless, skinless chicken breasts Directions: Combine all ingredients (except chicken) and mix well. Marinate chicken in honey-lemon mixture 1 hour in shallow baking dish. Broil chicken 5 minutes, brush with pan drippings, turn and broil 5 minutes longer or until juices run clear. If desired, bring marinade to a boil; simmer 2 minutes. Strain hot marinade over chicken. Makes 4 servings For more recipes, healthy hints and useful information, go to www.Honey.com Recipe kindly provided by Bee Movie ™ & © 2007 DreamWorks Animation L.L.C.