

## **Honey Dijon Curry Chicken with Pecan Sweet Potato**

### **Honey Dijon Curry Chicken to Grill or Bake**

- 4 chicken breasts, deboned, skinless, flattened if you are grilling
- 1/4 c Dijon mustard
- 2 T honey
- 3 t curry powder
- 1/4 t cayenne pepper
- 1 T olive oil to spray or brush on chicken just before grilling, if you are grilling

In a baking dish, combine the mustard, oil, honey, mustard, curry and cayenne. Mix well. Add chicken breasts and coat well. Cover and marinate in the refrigerator from 1 hour to overnight.

#### **Oven baked method:**

Preheat oven to 380F.

Bake, covered, for 15 minutes. Remove cover and bake about 10 minutes more, or until juices run clear.

#### **Grilling method:**

Heat grill pan on medium-high heat with the cover on. Lightly spray or brush the chicken with olive oil. Grill for 6-8 minutes flipping once. Check for doneness and grill a few minutes more, or heat in the oven until ready. Serve with **Pecan Sweet Potato** and salad. Serves 4. Slice a simple ripe pear for dessert and call it a night.

### **Pecan Sweet Potato**

- 4 small sweet potatoes, baked at 400F for 40 minutes, or until tender
- 1 T coconut sugar, (or your favourite sweetener)
- 2 t coconut oil, melted
- 2 t water

- 1/4 t kosher salt
- 1/8 t cayenne pepper
- 1 c pecan halves

Preheat oven to 350F.

In a medium-sized bowl, combine sugar, oil, cayenne, water and kosher salt. Add pecans and coat well. Spread pecans out on a baking pan lined with parchment paper and bake for 15-20 minutes, tossing once or twice, until toasted.

Slice hot sweet potato lengthwise and stuff with 8 pecan halves. Serves 4.

**Jittery Cook**