

Low-Point Curried Mustard Chicken

Ingredients:

- 1 Tbs olive oil
- 4, 4 oz. boneless, skinless, chicken thighs
- salt and pepper
- 1 cup chicken broth
- 1/2 tsp. ground mustard seeds
- 1/2 tsp. curry powder
- 1 Tbs honey
- 2 tsp. corn starch
- 1, 8.8 oz. package Uncle Ben's Roasted Chicken Ready Rice

In a large skillet, heat the olive oil over medium-high heat. Add chicken and season with salt and pepper (to taste). Brown chicken on both sides for several minutes. In a bowl, combine chicken broth, mustard seeds, curry powder and honey. Whisk in corn starch. Pour mixture over chicken, turn down heat to medium and cover for 10 minutes (or until chicken is no longer pink in the center). Prepare rice according to instructions on bag. Remove chicken from skillet, leaving chicken broth mixture. Add rice to skillet and mix with broth. Spoon 1/2 cup rice onto a plate and add 4 oz. chicken. Enjoy!

Total servings - 4

Serving size - 4 oz. chicken with 1/2 cup rice mixture

Points per serving - 7.5

Points plus per serving - 8.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Happiness is not something ready made. It comes from your own actions." - Dalai Lama