



Dinner Tonight!

Texas Two-Step Chicken

4 boneless chicken breast halves
1 cup picante sauce
½ cup packed light brown sugar
1 Tablespoon Dijon mustard
3 cups cooked brown rice

Wash your hands and clean your cooking area. Preheat oven to 400 degrees Fahrenheit. Place chicken in 2-quart shallow baking dish. Mix picante sauce, sugar, and mustard. Pour over chicken. Bake in oven for 20 minutes or until chicken reaches an internal temperature of 165 degrees Fahrenheit. Serve chicken with rice.

Preparation Time: 10 minutes
Cook Time: 20 minutes
Serves: 4

Nutrition facts per serving:
Calories: 330
Total Fat: 2.5 g
Cholesterol: 70 mg
Sodium: 510 mg
Total Carbohydrate: 44 g
Protein: 31 g