

## HONEY MUSTARD MARINATED CHICKEN

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*These juicy and brightly flavored chicken breasts are a simple, fantastic dinner option. You can use our homemade honey mustard dressing recipe as a glaze; this adds sweet and tangy flavors to the baked chicken. By whipping up the marinade at home you can be sure that its nutritional content is top notch, not to mention it has a fresh and delicious taste!*

**Yield:** 4 servings

### Ingredients

- 1 tbsp olive oil
- 4, 4 oz boneless, skinless chicken breasts
- 1 tsp ground black pepper + more to taste
- 1/8 tsp paprika
- ½ cup *Homemade Honey Mustard Dressing*
- 1 tsp dried rosemary

### Instructions

1. Preheat oven to 375°F. Lightly grease 9"x13" baking dish with cooking spray and set aside.
2. Heat the oil in a skillet over medium-high heat. Season chicken breasts with black pepper and paprika and add to the skillet. Cook for two minutes on each side or until browned.
3. Transfer chicken breasts from skillet to the prepped baking dish. Pour honey mustard dressing over the chicken breasts; spread the dressing over the chicken until evenly covered. Sprinkle on rosemary and additional black pepper, to your desired taste.
4. Cover with foil and bake for 20 minutes. Remove foil and continue baking for 15 minutes, or until chicken is cooked through.
5. Remove from oven and let stand for 5 minutes. Serve hot.

**Per Serving:** Calories 247, Carbohydrates 18 g, Protein 24 g, Saturated Fat 1 g, Sodium 260 mg, Fiber 0 g, Sugars 17 g

This recipe is featured in the December 2021 issue of Beyond the Kitchen and was adapted from Diethood.com