

# Honey Dijon Garlic Chicken Breasts

## Ingredients:

- 4 large boneless skinless chicken breasts about 6 ounces each
- 3 tablespoons butter
- 6 garlic cloves, minced
- 1/3 cup honey
- 2 tablespoons Dijon mustard
- Salt and pepper

## Directions:

1. Line an 8 x 8-inch baking pan with aluminum foil. Use a baking pan large enough to provide a half inch of space around each chicken breast but no more. Using too large a baking dish can cause the glaze to be too shallow in the pan and burn easily. Place the empty pan in a 425 °F oven to heat up while you prepare the glaze.
2. Melt the butter in a small sauté pan. Add the garlic and cook for only 30 – 60 seconds to soften it. Do not brown the garlic.
3. Add honey, Dijon mustard, and a pinch of salt and pepper. Stir well to blend and simmer over medium-heat for 1–2 minutes.
4. Lightly season the chicken breasts with salt and pepper. Remove the hot pan from the oven and place the chicken breasts an equal distance apart in the pan. Pour the hot glaze evenly over the chicken.
5. Return the pan to the 425 °F oven and bake for 15 minutes. Remove from oven and baste the breasts with the glaze in the bottom of the pan and return to the oven for an additional 15 – 20 minutes or until a meat thermometer inserted into the center of the thickest part of the breast reads 170 °F.
6. Allow the chicken to rest for 5 minutes before serving.

## Nutrition Facts

Serving Size 1 breast (165g)  
Servings Per Container 4

Amount Per Serving

**Calories 310**      **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**      **15%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 85mg**      **28%**

**Sodium 230mg**      **10%**

**Total Carbohydrate 26g**      **9%**

Dietary Fiber 0g      **0%**

Sugars 21g

**Protein 27g**

Vitamin A 0%      • Vitamin C 2%

Calcium 2%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

