

# Honey Dijon Chicken

PREP TIME: 5-10 MINS

MARINADE TIME: 2 HOURS      YIELDS: ~6-8 THINLY SLICED CHICKEN BREASTS

COOK TIME: 15-20 MINS

## Dijon Marinade Ingredients

- 1/4 cup vinegar of choice (white wine or champagne vinegar is best; or lemon juice also works well)
- 2 tablespoons Dijon mustard
- 1/2 cup olive or avocado oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- Optional- maple syrup or honey to taste

## Chicken Ingredients

- 1 pound chicken breasts, thinly sliced horizontally
- 3/4 cup Dijon Vinaigrette (1 recipe)



## Qualities

Texture: Chewy

Rating for Scent : 6/10

Spice Level: 0/10

## Directions

1. Whisk marinade ingredients in a small bowl; if an immersion/stick blender is available, that will create a really nice smooth texture too.
2. In a glass bowl or sealable storage bag, combine marinade with chicken breasts.
3. Place in the refrigerator and allow chicken to marinate for 2 hours. If marinating overnight or through out the work day, either remove vinegar/lemon juice from vinaigrette recipe because the meat will become mushy after an extended period of time.
4. Preheat a pan until hot and grease with a drizzle of oil or nonstick cooking spray.
5. Add one layer of chicken breasts to the pan and cover with a well-fitting lid.
6. Flip after browned (roughly 2 minutes), then cover with the lid again.
7. Remove cooked chicken using a clean utensil, and transfer to a large container with a lid.
8. Cover with the lid to prevent steam from escaping, which will make chicken more moist.
9. Continue with remaining chicken breasts.

## Chef Tips/Adjustments

- The marinade can also be used as a salad dressing and stored in the refrigerator for 5–7 days.
- If a thicker texture for the marinade is desired, add 1 teaspoon more of the Dijon mustard. If a thinner texture is desired (or if it thickens as it is in the fridge), add 1 teaspoon water.
- Add a touch of honey or maple syrup to the marinade if a sweeter taste is desired.

## Nutrition Content for 2 Pieces (1 whole breast)

Calories: 443kcal	Carbohydrates: 0.6g
Fat: 33g	Fiber: 0.3g
Protein: 35g	Added sugar: 0g
Sodium: 414mg	