



Honey Soy Chicken Breast

Ingredients

- 1/2 cup honey
- 2 Tbsp rice vinegar
- 2 Tbsp soy sauce
- 4 garlic cloves, minced
- 2 Tbsp peeled and finely grated fresh ginger
- 4 green onions, chopped
- 2 tsp sesame seeds
- 1 tsp coarse salt
- 1/2 tsp ground pepper
- 4 bone-in, skin-on chicken breasts (about 3 lbs. total)

Nutrition Facts (per serving)

Calories	239
Fat (g)	1
Saturated Fat (g)	0
Cholesterol (mg)	41
Sodium (mg)	2509
Carbohydrate (g)	41
Fiber (g)	1
Protein (g)	8
Calcium (mg)	77

Preparation

Preheat oven to 475 degrees. Line a rimmed baking sheet with foil. In a large bowl, mix honey, vinegar, soy sauce, garlic, ginger, green onions, sesame seeds, salt, and pepper. Add chicken and toss to coat. Transfer chicken and sauce to baking sheet.

Bake chicken, skin side up, basting occasionally with pan juices, until well browned and cooked through, 25 to 30 minutes. Serve chicken drizzled with pan juices.

Serves 4

Serving Size: 1 Chicken Breast

