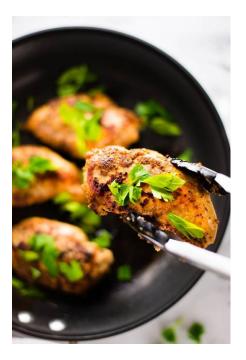


Honey Mustard Chicken Marinade



Ingredients:

- ¹/₄ cup raw honey
- ¹/₃ cup stone ground mustard
- $\frac{1}{2}$ tsp paprika
- ¹/₂ tsp sea salt
- ¹/₂ tsp ground black pepper
- 2 tsp apple cider vinegar
- ¹/₂ tsp garlic powder
- ¹/₄ tsp cayenne
- 1 tbsp olive oil
- 4 boneless, skinless chicken breasts
- garnish: chopped Italian parsley

Method:

- 1. In a large <u>mixing bowl</u>, combine the raw honey, stone ground mustard, paprika, sea salt, ground black pepper, apple cider vinegar, garlic powder, and cayenne, and stir well.
- 2. Add the boneless, skinless chicken breasts and submerge into the marinade.
- 3. Cover with plastic wrap and place in the fridge for at least an hour or up to one night. (You could also place everything into a large ziplock bag as well.)
- 4. Once the chicken has marinated, heat olive oil over medium-high heat in a large skillet.
- 5. Once the oil is hot, add the chicken, and cook flipping occasionally, until chicken is cooked through and golden brown on all sides, about 4-6 minutes per side.
- 6. Garnish with chopped Italian parsley, if desired.