



## *Honey Mustard Chicken Marinade*



### **Ingredients:**

- ¼ cup raw honey
- ⅓ cup stone ground mustard
- ½ tsp paprika
- ½ tsp sea salt
- ½ tsp ground black pepper
- 2 tsp apple cider vinegar
- ½ tsp garlic powder
- ¼ tsp cayenne
- 1 tbsp olive oil
- 4 boneless, skinless chicken breasts
- garnish: chopped Italian parsley

### **Method:**

1. In a large mixing bowl, 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.