



Honey Garlic Baked Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- ½ teaspoon red pepper flakes (optional)
- Salt and black pepper to taste
- ½ teaspoon lemon zest
- Fresh parsley, chopped (for garnish)
- Lemon slices (for serving)

Directions:

1. Preheat your oven to 375°F (190°C). Lightly grease a baking dish and set it aside.
2. In a small bowl, whisk together olive oil, minced garlic, honey, soy sauce, Dijon mustard, oregano, paprika, red pepper flakes, salt, black pepper, and lemon zest until well combined.
3. Place the chicken breasts in the baking dish and pour the honey garlic sauce over them, ensuring they are evenly coated.
4. Bake for about 25-30 minutes or until the chicken is cooked through and reaches an internal temperature of 165°F (75°C). Baste the chicken with the sauce halfway through for extra flavor.
5. For a caramelized glaze, switch the oven to broil for the last 2-3 minutes, keeping a close eye to prevent burning.
6. Remove from the oven and let the chicken rest for a few minutes. Sprinkle with fresh parsley and serve with lemon slices.
7. Enjoy with rice, roasted vegetables, or a fresh salad.

Prep Time: 10 minutes | Cooking Time: 30 minutes | Total Time: 40 minutes | Kcal: 280 per serving | Servings: 4