



Honey Garlic Glazed Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1/4 cup honey
- 2 tbsp soy sauce (low sodium)
- 1 tbsp lemon juice
- 1 tsp cornstarch (optional, for thickening)
- Salt and black pepper to taste
- 2 tbsp fresh parsley, chopped (for garnish)

Directions:

1. Season the chicken breasts with salt and black pepper on both sides.
2. Heat olive oil in a skillet over medium-high heat. Sear the chicken for 4-5 minutes per side, or until golden brown and fully cooked. Remove from the skillet and set aside.
3. In the same skillet, reduce heat to medium. Add garlic and sauté for 1 minute until fragrant.
4. Stir in honey, soy sauce, and lemon juice. Simmer for 2-3 minutes. If a thicker sauce is desired, dissolve cornstarch in 1 tbsp water and stir it into the sauce, cooking until it thickens.
5. Return the chicken to the skillet, spooning the glaze over the top. Cook for 1-2 minutes to warm through.
6. Serve hot, garnished with fresh parsley, alongside rice, roasted vegetables, or zucchini as pictured.

Prep time: 10 mins, Cooking time: 20 mins, Servings: 4, Kcal: 350 per serving