



MAPLE-MUSTARD GLAZED CHICKEN

Basic Lifestyle

INGREDIENTS

2 TSP olive oil	¼ cup maple syrup
4 (6-ounce) skinless, boneless chicken breast halves	2 TSP chopped fresh thyme
½ teaspoon freshly ground black pepper	2 medium garlic cloves, thinly sliced
¼ TSP salt	1 TBS cider vinegar
¼ cup fat-free, lower-sodium chicken broth	1 TBS stone-ground mustard

INSTRUCTIONS

—Preheat oven to 400°.

—Heat a large oven-proof skillet over medium-high heat. Add oil; swirl to coat.

—Sprinkle chicken with pepper and salt. Add chicken to pan; sauté 2 minutes on each side or until browned. Remove chicken from pan.

—Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes, stirring frequently. Add vinegar and mustard; cook for 1 minute, stirring constantly.

—Return chicken to pan, and spoon mustard mixture over chicken. Bake at 400° for 10 minutes or until the chicken is done. Remove chicken from pan; let stand 5 minutes. Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently. Serve with chicken.

SERVING INFO: (Serves 4)

1 breast half and about 1 TBS sauce = 1 P

See recipe photo at [Instagram](#) and [Facebook](#).